

**The Accomplished Ladies Rich Clo**  
**O F**  
**RARITIES:**

**O R, T H E**

**Ingenious Gentlewoman and Servant  
Maids Delightfull Companion.**

Containing many Excellent Things for the  
**ACCOMPLISHMENT** of the **FEMALE SEX**,  
after the exactest Manner and Method, *Viz.*

- (1.) The Art of Distilling. (2.) Making Artificial Wines. (3.) Making Syrops. (4.) Conserving Preserving, &c. (5.) Candying and Drying Fruits, &c. (6.) Confectioning. (7.) Carving. (8.) To make Beautifying-waters, Oyls, Pomatums, Musk-balls, Perfumes, &c. (9.) Physicall and Chyrurgical Receipts. (10.) The Duty of a Wet Nurse; and to know and cure Diseases in Children, &c. (11.) The Compleat Chamber-Maids Instructions in Pickling, making Spoon-meats, Washing, Starching, taking out Spots and Stains, Scowring Gold or Silver-Lace, Point, &c. (12.) The Experienced Cook-Maid, or Instructions for Dressing, Garnishing, making Sawces, serving up; together, with the Art of Pastry. (13.) Bills of Fare. (14.) The Accomplished Dairy-Maids Directions, &c. (15.) The Judicious Midwives Directions, how Women in Travail before and after Delivery ought to be used; as also the Child; and what relates to the Preservation of them both.

*To which is added a Second Part, Containing*  
**Directions for the Guidance of a young Gentlewoman as to her Behaviour & seemly Deportment, &c.**

**The Second Edition, with many Additions.**

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Licensed and Entred according to Order.

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THE  
PREFACE  
TO THE  
READER.

Reader,

**I**N consideration that variety is most taking, especially of such things as are highly necessary; I have thought it convenient, not only for Delight, but for the Accomplishment of the Female Sex, to set forth what must undoubtedly turn to their advantage, and consequently more than a Preface can express, or a sudden conception bring forth, if seriously and deliberately considered, to a degree of Practice; for indeed without industry,

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## The Preface to the Reader.

*the smallest matter cannot be brought to perfection. Things Natural and Artificial owe their Original to Labour and Industry; the first to the visible and insensible Workings of Nature; the second to that of the Creature: nor without these could the World subsist. But to come nearer the subject-matter.*

*In the following Treatise you will find not only Approved Rules, Instructions and Directions for particular persons, whose ability and leasure may contribute in an extraordinary manner to the highest Acquirement, but such as are suitable to all degrees and capacities; such as must contribute to the Advancement of each Individual Female, to a Station that may render her acceptable in the eyes of great ones, or at least create her a good repute, and pronounce her happy, though moving in a lower sphere. All that we can term Accomplish'd in Female Conduct, is briefly to be found in the following Pages; digested into so easie and plain a method, that it will, no doubt, insensibly attract  
the*

## The Preface to the Reader.

*the desire of the Reader to make an Essay; and that Essay being found both profitable and delightfull, will carry her further in the progress of Pleasure and Advantage, till she confesses the Time and Cost was well bestowed, and becomes an Admonisher of others to make the like improvement; nothing of this nature being more exact in directing the Female Sex in what is seemly and profitable from Infancy to extremity of Age, and is a fit Companion upon all commendable occasions, in whatsoever state or condition, even from the Lady, to the inferiour Servant-Maid; being a Directory, in which nothing necessary for the Accomplishment and Qualification of the Sex is omitted, in relation to Education, Breeding, good Manners, courtly Deportment, prudent Conduct, and Management of Affairs, being the very Quintessence of whatever has been practised or published, and more perhaps than can probably be expected in so small a Book. But thinking no labour too much to advantage the fair Sex, I have travelled through the World of Curiosi-*

The Preface to the Reader.

ties, to furnish out this Cabinet of Rarities, in hopes it will find a kind acceptance, and turn to the advantage of those who rightly consider it. In expectation of which, I remain,

LADIES, &c.

Yours to serve you

in what I may,

John Shirley.

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The



# The Accomplished Ladies Rich Closet of Rarities, &c.

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## C H A P. I.

*Rules and Directions for a Gentlewoman in the Art and Way of Alimbecking, Distilling and making sundry sorts and kinds of Waters Physical, Chyrurgical, and pleasantly usefull on divers occasions ; With the Order, Manner of Composition, and Quantity of Ingredients, &c.*

**A**Limbecking and Distilling are held by many to be Learned; or taken by the Ancients from the Operation of the Sun in its effectually Exhaling the Sublunar moisture, and Rarifying the gross and indigested Vapours in a more subtil Region ; and indeed Distillations participate of a Solar vertue, as being by their penetrating Qualities, and insensible Operations, more quick, subtil and enlivening. Wherefore I have thought it highly

*Physical and Cordial Waters.*

convenient to give Directions in this Chapter, how to Distill and draw off such Waters from Herbs, and other Cordial matters, as may contribute to the preservation of health, and wherewith a Gentlewoman, being furnished, may be instrumental in saving the Lives, or at least in doing good to her poor Neighbours: And in this case the Simples that are to be put into the *Still* together to draw off your compound Waters, which indeed are the most effectual in their Operations, ought to be considered: the several Directions for which, take as followeth.

*A distilled Water, good to prevent the Danger of Infectious Air, Plague, Pestilence, &c.*

Take the buds, or green husks of Walnuts, or the leaves of that Tree, a handfull; of Rue the like quantity, and as much Baum: bruise them, and add of Mugwort, Celandine, Angelica, Agrimony, Pimpernel and wild Dragons or Snap-dragons, each half a handfull: bruise them as the former, and being put into an Earthen-pot or Glass, pour on them a Gallon and a half of White or Rhenish-wine, and let them stand four days, afterward putting the Wine and Herbs in an Alembick, draw off the Quintessence: or it may be done, for want of conveniency, in a cold *Still*.



## *Physical and Cordial Waters.*

*The Famous Water, called Dr. Stevens's Water  
is made to the best advantage; thus.*

Take a gallon of French Wine, of Cloves Macé, Carraways, Coriander and Fennel seeds, Gallinga, Ginger, Cinamon, Grains Nutmeg, Anniseed, of each a dram: to these add Camomail, Sage, Mint, Rue, red Roses, Peletory of the Wall, wild Marjoram, wild Thyme, Lavender, Penyroial, the Roots of Fennel, Parsley and Setwall, of each four ounces; and having bruised them, put them into two quarts of Canary, and the like quantity of Ale; and then having stood sixteen hours, with often stirring, draw off the Quintessence by Alembek over a soft fire.

*This Water is a wonderfull fortifier of Nature in all cold Diseases, preserving Youth, comforting the Stomach, and is given with success to such as are afflicted with the Stone or Gravel.*

*Cinamon-Water is properly made thus.*

Take half a pound of Cinamon, bruise it and steep it in a quart of White-wine, a quart of Rose-water, and a pint of Muscadell, twelve hours, with often stirring; and from this Alembek three pints, which will not be only pleasant; but fortifie nature, and restore lost vigour.



## *Physical and Cordial Waters.*

### *To make Rosemary-Water.*

Take the Flowers and Leaves of Rosemary in their prime, half a pound and four ounces of Elicampane Roots, a handfull of Red Sage, three ounces of Cloves, the same quantity of Mace, and twelve ounces of Aniseeds: beat the Herbs together, and the Spices separately, putting to them four gallons of White-wine; and after a weeks standing, distill them over a gentle fire.

### *Spirit of Wine, how to make it.*

To Distill, or rather Alembeck, Spirit of Wine, is to draw off any Wine you think fit over a gentle fire to what height you please, by often rectifying it; and is very good moderately taken, in cold distempers, or to mix with Cordial Waters of a cooler nature.

### *To make Treacle-water excellent good, in case of Surfeits, or the like disorders of the Body.*

Take the Husks of green Walnuts four handfulls, of the Juyce of Rue, Cardus, Marigolds and Baum, of each a pint; green Petalitis Roots one pound, Angelica and Masterwort, of each half a pound; the Leaves of Scordium four handfulls; old Venice-Treacle and Mithridate, of each eight ounces; six quarts of Canary; of Vinegar three quarts, and of Lime-juyce one quart: which being  
two

*Physical and Cordial Waters.* 5

two days digested in a Bath in a close Vessel; distill them in Sand, &c.

*A Cordial Mint-Water is thus made.*

Take two handfulls of Mint green, two handfulls of Cardus, and one of Wormwood, and soak them in new Milk; being bruised, and after three or four hours infusion, draw off the water by way of Distillation, and keep it close stopped for your use, it being excellent good in case of pains in the Belly or Stomach.

*An excellent Water for Sore Eyes, or to Restore the sight.*

Take Smallage, Rue, Fennel, Vervain, Agremony, Scabeous, Avens, Hounds-tongue, Eufrase, Pimpernel and Sage, of each a handfull; Roach-Allum half an ounce, Honey a spoonfull, dissolved in Rose-water: distill them in a cold Still; and when you use it, put in a little Allum and Honey, and suffer it to dissolve, washing your Mouth with it Evening and Morning.

*An excellent Water for a Canker.*

Take of the Bark of an Elder-tree, Sorrel and Sage, of each two handfulls: stamp them well, and strain out the Liquid part, mingling it with double the quantity of White-wine; and often with a feather dipped in it, wash the Sore, &c. A

*A Water very good for a Fistula.*

• Take a pint of White-wine, an ounce of the Juyce of Sage, Borace in Powder three peny weight, Camphire-powder the weight of a groat: boil them two hours over a gentle fire; strain them through a Woollen-cloth; and being cold, wash therewith the place grieved.

*An excellent Water to cleanse any filthy Ulcer.*

Take of the Water of Plantane, and that of Red Roses, each a pint; the Juyces of Housleek, Nightshade and Plantane, of each a quarter of a pint: Red Roses half a handfull, Myrtle, Cyprus-nuts, of each half an ounce; of the Rind of Pomgranate three drams, St. John's Wort half a handfull, Flowers of Molleyn half as much, Myrrh, Frankincense, each a scruple; Honey of Roses a pound and four ounces: distill them together, and of the Water take a pint, and dissolve in it six ounces of Conserve of Roses, and one ounce of Syrup of dry Roses, with twelve drops of the Oyl of Brimstone, and wash the place grieved.

*An excellent Water for the Heats and Inflammation of the Eyes.*

Take of Aloes Epatiek, fine Sugar, Tutty-stone powdered, each an ounce; of red  
and

and white Rose-water, each a pint : put them in a double glass, and set them in *Balneo Maria* five or six days, often shaking them, and with a feather dipped in it, wash your Eyes as often as you see occasion, as likewise your Forehead and Temples.

*An excellent Water for a sore Leg, or for a Cancer in any part or place.*

Take of Woodbine-leaves, Ribwort, Plantane, Abinte, of each a handfull clarified ; English Honey three spoonfuls, Roach-Allum an ounce : put them into three quarts of Running-water, and let them seeth till a third part be consumed ; then strain out the liquid part, and keep it in a new glazed Earthen-pot for your use, washing the afflicted place with it twice a day.

*A Water to turn back the Rheum that afflicts the Eyes.*

Take of red Rose-water six ounces, White-wine and Eye-bright-water, of each the like quantity ; *Lapis-Tuttia* three scruples, Aloes Epatick the like quantity, fine Sugar two ounces : put them into a Glass with a narrow neck, and set them in the Sun for the space of thirty days, shaking them twice a day, and then with the liquid part wash the Eye-lids, Temples, Forehead, and the Nape of the Neck.

## 8      *Physical and Cordial Waters.*

*An excellent Water to cool the Liver and Heart, as also in case of a Fever, Surfeit, or Ill digestion.*

Take two handfulls of Wood-sorrel, the like of Barbary-leaves, half a dozen Plantane-roots washed and sliced, two ounces of Mellion-seed; of Comfry and Borrage-flowers, each an ounce: steep them in a gallon of fair water, well sweetned with Sugar-candy, and distill them, giving the party grieved two ounces of the Water, with an ounce of the Syrup of Citron or Lemon.

*An excellent Water for an Internal Bruise.*

Take two handfulls of Scabeous-flowers of Peny-royal, Camomail, Smallage and Bay-leaves, each a handfull; Myrrh pulverized, half an ounce; Harts-horn two ounces, and two quarts of Malaga-wine: bruise the Herbs &c. in the Wine, and then distill them altogether, and let the party drink two ounces of the Water morning and evening.

*An excellent Water for the Stone, to provoke Urine, and prevent Stoppage, &c.*

Take two quarts of new Milk, Saxifrage, Parsley, Peletory of the Wall, Mother, Time, green Sage, Radish-roots sliced, of each a handfull: steep the Herbs and Roots over night

## *Physical and Cordial Waters.* 9

night in the Milk, and distill them the next morning: which done, mingle six spoonfulls of the Water, with as much White-wine; into which grating a third part of a Roasted Nutmeg, drink it off; and so continue to do divers times, and you will find extraordinary benefit thereby.

### *Poppy-Water, how to make it.*

Take two pound of red Poppy-leaves, half an ounce of bruised Cloves, and the like quantity of sliced Nutmeg: steep these in a quart of Canary, and after two hours standing, put them into your Still, and draw off the Water over a gentle fire.

### *Cordial Angelica-Water is made thus.*

Take of *Cardus Benedictus* a handfull well dried, of Angelica-roots three ounces, of Nutmeg, Cinamon and Ginger, each an ounce; of Myrrh half an ounce, and one dram and a half of Saffron; of Cardamums, Cubebs, Galingal and Pepper, of each a quarter of an ounce: bruise them and steep them in two quarts of Canary, and draw them off with a common Still.

### *Aquamirabilis is thus made.*

Take three pints of White-wine; of the Juice of Celendine and *Aquavita*, each a pint;



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pint; Cardamom, and the Flowers of Melilot, a dram of each; of Cubebs, Gallinages Cloves, Mace and Ginger, of each a dram bruise them and put them to the Liquor where soaking all night, the next morning set them on a *Stiil* in Glasse *Alimbeck*, and draw off the Quintessence.

*The Water prevents the Putrefaction of the Blood; is good in case of the swelling of the Lungs; removes the Heart-burn, and purgeth Flegm and Melancholy, &c.*

Divers other Waters of Physical Vertue I might mention; but having many things yet to propose, and intending brevity, shall proceed from *Distilled Physical Waters* to give Directions for making *Artificial Wines*, &c. And as for such Waters as are for *Beautifying*, I shall treat of them in another place.

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C H A P. II.

*Instructions for a Gentlewoman how to make Artificial Wines and other pleasant Liquors, necessary and profitable both for Sale, and to be kept in private Houses for the Accommodation of Friends, &c.*

AS there are many pleasant Liquors made rather Artificial than Natural, so it will not be amiss to say something of them, which for variety may not prove pleasant only, but profitable, and are very commendable to be kept in the House for the Entertainment of Friends and Strangers; who being perhaps rarely used to such, will set a value on them above any other. But to the purpose.

*To make Cherry-Wine.*

Stone your Cherries before they are too ripe; press them in a Press, or through a clean cloth, and let the Juyce settle, then draw it off, and bottle it up with half an ounce of Loaf-sugar, and a piece of Cinnamon in each bottle; and tying the Cork down, let it stand six weeks; and then being opened, it will drink pleasant and brisk.

*Hypocras is made thus.*

Take a gallon of White or Rhenish-wine,  
and

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and put to it two pound of Loaf-sugar, Cinnamon, Mace, Pepper, Grains, Galingal and Cloves, of each a quarter of an ounce bruising the Spices, and putting them into the Wine; in which they having been closed covered for the space of ten days, draw off the Wine, and renew it with other Wine, and an addition of Sugar: and so you may do three or four times, but the first is the best; nor is there a pleasanter Liquor imaginable.

### *To make Wormwood-Wine.*

Take a gallon, or what quantity you think fit, of the smallest White-wine; put into it the peel of two Lemons, half an ounce of Mace, and a quarter of an ounce of Cinnamon; adding a pound of white Sugar to each gallon, and stop them up close in a Vessel, and after they have stood six days, you may draw off the Wine, and put it up in Bottles.

Raspberry, Strawberry, or Curran-wine, may be made as that of Cherries, but the liquor being boiled up with the Sugar before the Spices are put in, will keep the longest. An excellent Liquor may be likewise drawn from Plumbs, of pleasant taste, dissolving in some of the Liquor hot two or three spoonfulls of New-Ale-Yeast to make it work; and afterward keep it in a cool place, that it may Rarefie the better.

Goosberry-wine is made the same way,  
only

*Artificial Wines and other Liquors. 13*

only adding some blades of Mace, and slices of Ginger: As for the Wine of English Grapes, only Rarifie it with fine white Sugar-andy beaten into Powder. And since there are other pleasant Liquors besides these, I think it not improper to say something of those that are most in request.

*To make the best sort of Mead.*

Take a quart of Spring-water, and three quarts of small Beer, as clear as may be; add to them a pound and a half of clarified Honey, two ounces of the distilled Water of sweet Marjorum, three or four sprigs of Rosemary and Bays: boil them together on a gentle fire, ever scumming off what rises to the top, and then put it into a vessel to purge, six days after which bottle it up for your use.

*To make Steponey, a Liquor formerly much in use.*

Take a gallon of Spring-water, and stone pound and a half of the best Raisins of the sun, and putting to them half a pound of fine sugar, press upon them the Juyce of three Lemons; slicing likewise the peel, and adding to the Water a quart of White-wine; boil it, and when it is boiling-hot, pour it into a pot upon the Raisins, Sugar, &c. and stopping it close, let it stand six hours; after that stir it about, and let it stand two days more;

#### 14 *Artificial Wines and other Liquors.*

more; at the end of which strain it, and press the Raisins; and when you find the Liquor clear, put it up into Bottles for your use.

##### *Cock-Ale is thus made.*

Take a young Cock, and having stoned four pound of Raisins of the Sun, boil them and him in fair water, and then slice four Nutmegs, adding to them an ounce of Mace and half a pound of Dates: beat them well and put them into two quarts of Canary and having added to them the boiled Liquor in which the Cock must be boiled in a manner to pieces: strain the Liquor, and press what is solid; and after your Ale has done working, pour it in, and stop it down close. Two quarts is sufficient for a Barrel; then bottle it up, and in a month it will be fit to drink.

##### *To make Rack, an Indian Liquor.*

Take a quart of Water, a pint of Brand and a pint of Canary; add half an ounce beaten Ginger, and the like quantity of Cinamon, the Juyce of four Lemons, and two ounces of Rose-water, with half a pound fine Loaf-sugar; put into it a hot Toast, it being well stirred, it is the Prince of Liquors.

*Choccolate* is made with *Choccolate*, Milk Eggs, White-wine, Rose-water, and Mace Cinamon, which the party fancies, they beat

## *Physical and Cordial Syrups.*

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all boiled together over a gentle fire; two ounces of *Choccolate*, eight Eggs, half a pound of Sugar, a pint of White-wine, an ounce of Mace or Cinamon, and half a pound of Sugar, answering in this case a gallon of Milk.

Many other Liquors there are, as *Methe-lin*, *Perry*, *Syder*, *Bracket*, *Tea*, *Coffee*, &c. without the way of making them being vulgarly known, I shall spare my Instruction, and proceed to Directions for making Syrups.

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## C H A P. III.

*Instructions for a Gentlewoman in preparing and making Physical and Cordial Syrups, pleasant and profitable on sundry occasions, &c. Highly necessary to be kept in Families for the preservation of Health, &c.*

Syrups are of two kinds, one Physical, and the other pleasant and usefull on sundry other occasions: But of these I shall treat without distinction, the use of them being so publicly known, and indeed it is improper to insert it. But to proceed.

*To make Syrup of Clove-Gilliflowers.*

Take the red part of the Flowers, separated from the white, to the quantity of half a peck;

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peck; let them soak a night in Spring-water then boil them, and add to them a gallon Water wherein they were boiled, and in which, after boiling, they have been strongly pressed, twelve pound of white Sugar, and half a pint of Rose-water, then boil up the Liquor with the Sugar into the thickness of Syrup, and keep it for your use. Some there are that make it without fire, but in my opinion this way must be the best for keeping.

### *To make Syrup of Violets.*

Take the Flowers of the blew Violet clipping off the Whites, and to a pound of them add a quart of boiling-water, and a pound of white Sugar; stirring them together, and stopping them close in an Earthen vessel four days; then strain them, press out the liquid part; which being moderately heated on a gentle fire, will thicken into Syrup.

### *To make Syrup of Wormwood.*

Take Roman Wormwood (the Leaves only) half a pound; Leaves of red Roses, Flowers, two ounces; Indian-spike three drams; of the best White-wine a quart, and the like quantity of the Juice of Quinces; for want of it, Syder: bruise and infuse together for the space of twenty six hours; then straining them till the liquid part is half consumed



strain out the remainder, and adding two pounds of sugar ; boil it up into a syrup.

*To make Syrup of Lemons.*

Take a gallon of the Juyce of sound Lemons, strain it, and let it clarifie, and boil it up with six or seven pounds of fine sugar, till it be of the thickness of a syrup, and sweet enough for your purpose.

*An Excellent Syrup to preserve the Lungs, and for the Astma.*

Take of Nettle-water and Coltsfoot-water each a pint, Anniseed and Liquorish-powder of each two spoonfuls, Raisins of the Sun one handful, sliced Figs, number four : boil them together till a fourth part be consumed, strain the liquid part, and make it up into a syrup, with a pound of white Sugar-candy bruised into powder, and take two spoonfuls of it each morning fasting.

*An Excellent Syrup to open Obstructions, and help the shortness of Breath.*

Take Hyssop of the first years growth, and Penny-royal, of each a handful ; stamp them, and strain out the Juyce, and add of English Honey the like proportion : heat them in a Pewter dish over a chafing-dish of Coles till the Juyce and Honey be well incorporated, and making it continually fresh ; let the party



afflicted take early each morning, and late each night, two spoonfuls.

*To make Syrup of Roses by Infusion.*

Take of the Water of Infusion of white Roses five pounds, clarified Sugar four pounds, and boil them with a gentle fire to the thickness of a syrup, then soak two pounds of fresh white Roses in six pound of warm water, suffering them to stand for the space of twelve hours close covered, then ring them out, and put in other fresh Roses, and so continue to do till the Water has the perfect scent of the Roses, and then the Water is fitting for the Sugar to be dissolved in, and used as aforesaid.

*This Syrup draweth from the Entrails the choler, and waterish humours, and is therefore fitting to be taken moderately by children, aged Persons, and such as are afflicted with the superabundance of either Choler or Phlegm.*

*How to make Catholicum Majus.*

Take of the four great cold seeds cleansed and of white Poppy seeds each a dram, Gum Dragant three drams, red Roses, yellow Saunders, Citron and Cinamon each two drams, Ginger one dram, of the best and choicest, Rubarb and Diacridum each half an ounce, Agarick, Turbith, of each two drams, white Sugar dissolved in Rose-water

where

## *Cordial and Physical Syrups.*

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wherein two ounces of Senna have been concocted, one pound: make them into Tables of three scruples, and let one Table be the dose. *It gathereth humours from all parts of the Body, and expells them without molesting health, or impairing of the strength, but rather fortifying nature, &c.*

### *Syrup of Radish; how to make it.*

Take of the Roots of Garden and wild Radishes, of each an ounce; of Saxifrage, Kneeholm, Borage, Sea-Holly, Pettywhin, O Cammack or Ground-Furz, Parsley, Fennel, each half an ounce: the Leaves of Betony, Pimpernel, wild Time, Tendercrop, of Nettles, Cresses, Samphire, Venus-hair, of each a handfull: the fruit of Sleepy Nightshade and Jubebs, of each twenty: the seed of Basil, Burr, Parsley of Macedonia, Carroways, Sefeli, yellow Carrots, Grommel, Bark of Bay-tree Root, of each a scruple; Raisins stoned, Licoras, of each a dram: boil them in ten pounds of water till four of them be consumed, then strain it, and with four pounds of Sugar, and half the quantity of clarified Honey, make the liquid part into a Syrup over a gentle fire, adding an ounce of beaten Cinamon, and half the quantity of halbrated Nutmeg.

*This being taken at convenient times, expelleth Gravel and Stone, and scowreth the Kidneys,*

*if it be mixed with other lenitive and scouring matters ; and also provokes Urine.*

*Syrup of Vinegar compound ; how to make it.*

Take of the best Wine-Vinegar a gallon, boil it , and take off the scum that arises ; then stamp Endive, Maiden-hair and Wood-sorrel, with Barbaries or green Grapes ; press out the Liquor, and put it into the Vinegar, to the quantity of a quart ; boil them up till a fourth part be consumed, then add six pounds of Sugar, or so much as will make it into a Syrup, and give two spoonfulls at a time with success, in case of any hot distemper or feaverish disorder of the Body, or to expell gross phlegmatick humours.

*Oxymel simple ; how to make it.*

Take of the clearest Water and clarified Honey, of each four pounds ; boil them till half the Water be consumed, then add of Wine-Vinegar two pounds, and suffer them to boil to a syrup. This syrup extenuateth the gross humours, takes away slimy matter, and opens all Obstructions and *Asthma*, that is, Obstruction of the Lungs, with Phlegm, from whence ariseth shortness of breath.

*Syrup of Barberries is made thus.*

Take your Barberries, picked from the stalks, boil them to a pulp, then strain and

rare

rarifie the Juyce; then boil it up, being six pounds, with six pounds of fine Sugar into a syrup: or if you find that will not thicken it sufficiently, you may add more.

*To make Syrup of Cowslips.*

Take a gallon of the Distilled simple Water of Cowslips, and put into it half a peck of the flowers clean picked, the yellow part only; boil them up with the Water, and add to the liquid part, after it is strained from them, six pound of sugar, heating it over the fire till it become a syrup.

*To make Syrup of Maiden-hair.*

Take the Herb so called to the quantity of six ounces, shred it a little, and add of Licorish-powder two ounces and a half, steep them twenty four hours in three quarts and a pint of hot water: add five pounds of fine Sugar to the Liquor, after it is boiled and consumed a third part, and set it again on the fire till it become a syrup.

*To make Syrup of Licoris.*

Take of the Root of Licoris newly drawn from the ground, two ounces, scrape it into Powder of Coltsfoot, four ounces of Maiden-hair and Hysop, each half an ounce: infuse them twenty four hours in three quarts of Water, then boil them till a half part be consumed:

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sumed : which done, strain out the remainder, and with a pound of clarified Honey, and the like quantity of Loaf-sugar, boil it up into a syrup.

### *To make Syrup of Cittron Peels.*

Take of the Peels of yellow Cittrons a pound, of the Berries, or Juyce of the Berries of Cherms, a dram; steep them a night in Spring-water to the quantity of two quarts, then boil them till a half part be consumed, and taking off the scum, strain it, then boil it up to a syrup, with two pound and a half of Sugar.

### *To make Syrup of Harts-horn, or rather Harts-tongue.*

Take of the Herb called *Harts-tongue*, the Roots of both sorts, of Bugloss, Polipodium, of the Oak, Bark of Caper-roots, Tameris, Hops, Maiden-hair, Baum, of each two ounces: boil them in five quarts of Spring-water till a fifth part be consumed; to which add four pounds of fine sugar, and boil it up to a syrup.

### *To make Syrup of Cinamon, (which is excellent good in case of Faintings or cold Distempers.)*

Take of the best Cinamon four ounces, bruise it and steep it in three pints of White-wine,

wine, and a pint of small Cinnamon-water, three days by a gentle fire, add three pound of Sugar when it is strained, and boil it up to a syrup.

*To make the Syrup of Quinces.*

Take three quarts of the Juyce of Quinces, let it be well settled and clarified; boil it over a gentle fire till half be consumed, then add three pints of Red-wine, with four pounds of white Sugar, and a dram and a half of Cinnamon, and of Cloves and Ginger two scruples, and boil them up into a syrup.

*To make Syrup of Hyssop.*

Take a handfull of the Herb so called Figs, Dates and Raisins, of each an ounce: boil them in three pints of Water till a third part be consumed, strain and clarify the remainder with the Whites of two Eggs adding two pound of fine Sugar, and so make it up into a syrup, and it will continue good a twelvemonth.

*To make an Excellent Syrup for a Cough or Cold, or to restore decaying Lungs.*

Take two quarts of Spring-water, put into it an ounce of Sydrack, half an ounce of Maiden-hair, two ounces of Elicampane-roots sliced: boil them in an Earthen-vessel



24 *Cordial and Physical Syrups.*

till half be consumed, add more to the liquid part, strained off two pound of Sugar, and boil it up into a syrup; two spoonfulls of which, take morning and evening, being a wonderfull restorative.

*To make Syrup of Elder, now greatly in use.*

Take the Elder-berries fresh, when they are full ripe, strain out the Juyce, boil it till a third part be consumed; scum it clean, and add to a gallon, an ounce of Mace and six pound of Sugar, boiling it up to a syrup.

*To make Syrup of Roses.*

Take a gallon of fair water, and a quart of White-wine, put into them when they boil, a peck of red Roses pickt, and let them boil till they appear white: then press them, and put them into the liquid part, and boil it often, adding the Whites of two Eggs well beaten, and a pound of Sugar to each pint of Liquor; and when you find it sufficiently thick, preserve it in Glasses or Earthen vessels close stopped, for your use.

*To make Syrup of Vinegar.*

Take of the Roots of Smallage, Fennel, Endive, of either three ounces; of the Leaves of Anniseed, Smallage, Fennel, Endive, half an ounce of each: boil them gently in three quarts of Spring-water till half be consumed, then



## *Cordial and Physical Syrups.*

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then strain and clarifie it with three pound of Sugar, and add a quart of White-wine Vinegar, and boil it up to a syrup.

### *To make Syrup of Saffron.*

Take a pint of Endive-water, two ounces of Saffron finely beaten, steeping it in the Water for the space of two days; at the end of which, strain out the Saffron, and with a pound of Sugar, boil it up to a syrup.

### *To make Syrup of Mint.*

Take the Juyce of ripe Quinces, and of Pomgranets, of each a pint and a half: dried Mint half a pound, and of the Leaves of red Roses two ounces; let them steep a day and a night in the Liquor: boil it then till half is consumed, and add four pound of Sugar to make it into a syrup.

These, as the most material, I thought fit expressly to mention; what remains, a Gentlewomans discretion, by these Rules may direct her to perform. And so I proceed to give Directions for Preserving and Consering, &c.

CHAP.

## *Preserving, Conseruing, &c.*

### CHAP. IV.

*Instructions for a Gentlewoman in Preserving and Conseruing Fruits, Flowers, Roots, and what else is usefull on sundry occasions for setting out Banquets, &c.*

**P**Reserving of Fruits, Roots and Flowers, &c. to be at hand for ornament or taste, is, no doubt, a curious Art. Wherefore that a Gentlewoman should not be ignorant of such curiosities, I shall incert many Directions worthy to be observed, and at the same time speak something of Conseruing, &c.

#### *To Preserve Mulberries.*

Strain two quarts of the Juyce of Mulberries, and add to it a pound and a half of sugar; boil them together over a gentle fire, till they become in a manner a syrup, then put into it three quarts of Mulberries, not over ripe; and after they have had one boil, take them off, and put them together, with the Liquor, into an Earthen-vessel, stop them close, and keep them for your use.

#### *To Preserve Gooseberries.*

Take them before they be over-ripe, cut off their stalks and tops; and if you have leasure, stone them; then laying in an Earthen-vessel

vessel a Layer of sugar, lay upon it a Layer of Goosberries; and so do between every Lay, till your Vessel be almost full: then add about a pint of Water to six pound of Goosberries; and the Goosberries having before been scalded, set them in this manner over a gentle fire, and let the sugar melt: when being boiled up, you may stop them up, and reserve them for your use.

*To preserve Cherries.*

Take your Cherries when they are in their prime, and scattering some Sugar and Rose-water at the bottom of your Preserving-pan, put them in by degrees, still casting in your sugar, remembring there be put an equal weight of either; and being set on a quick fire, you may add a pint of White-wine, if you would have them plump; and when you find the syrup boil'd up sufficiently, take them off, and put them into your Gally-pots for use.

*To Preserve Apricocks.*

Observe when they are moderately ripe to pare and stone them, laying them a night in your Preserving-pan amongst Sugar, it being layed in Lays, and in the morning put a small quantity of fair Water or White-wine, and set them on Embers, and by increasing a gentle fire, melt the Sugar; when being a little scalded, take them off, and letting

## *Preserving, Conserving, &c.*

ting them cool; set them on again, and boil them up softly till they are tender and well coloured, at what time take them off, and when they are cool put them up in Glasses or Pots for your use.

### *To preserve green Walnuts.*

Observe to gather them on a dry day, before they have any hard shell, and boil them in fair water till they lose their bitterness; then put them into cold water, and peel off their Rine, and lay them in your Preserving-pan with layings of Sugar to the weight of the Nuts, and as much water as will wet it, so boil 'em up over a gentle fire; and again being cool, do it a second time, and put them up for your use. This way Nutmegs, with their green Husks, are Preserved.

### *To preserve green Pippins.*

Observe to take them e're they are too ripe, chusing the greenest, pare them and boil them in water till they are exceeding soft, then take out the cores, and mingle the pulp with the water, ten Pippins and two pound of Sugar, being sufficient to boil up a Pottle of water; and when it is boiled to a thickness; put in the Pippins you intend to Preserve, and let them boil till they contract a greener colour then natural. And in this manner you may preserve Plumbs, Peaches, Quinces,

Quinces, or any thing of that kind that you are desirous to have green and pleasant.

*To preserve Barberries.*

Observe that you chuse the fairest bunches, gathered in a dry day, and boil several bunches in a Pottle of Claret till they are soft: strain them then, and add six pound of Sugar and a quart of Water; boil them up to a syrup, & put your Barberries scalded into the liquor, and they will keep the year round.

*To Preserve Pears.*

Observe that you gather those that are sound, not over-ripe, and laying at the bottom of an Earthen-Pot or Pan; a laying of Vine-leaves, lay another laying of Pears upon them, and so do till the Pot is full: then to a pound of Pears add half a pound of Sugar, and as much fair Water as will dissolve it over a gentle fire; where suffer them to boil till they are somewhat soft, and then set them by for your use.

*To preserve Black Cherries.*

Pluck off the stalks of about a pound, and boil them in Sugar and fair Water, till they become a pulp, then put in your other Cherries, with stalks, remembering to put half a pound of Sugar to every pound of Cherries; when finding the Sugar to be boiled up to that thickness,

## *Preserving, Conserving, &c.*

ness that it will rope, take them off and  
them by, using them as you see convenient.

### *To Preserve Eringo-Roots.*

Take of the Roots that are fair and kno  
ty two pound, wash and cleanse them, the  
boil them over a gentle fire very tender, a  
ter that peel off their out-most Rind, but be  
ware of breaking them after they have lay  
a while in cold water; put them into your  
Sugar boiled up to a Syrup, allowing to each  
pound of Sugar three quarters of a pound of  
Roots; which boiling a short time over  
gentle fire, you may set them to cool, and  
then put them up for your use.

As for Elicampane-Roots, scrape and cut  
them thin to the pith, in lengths about your  
finger, and put them into water, which you  
must often shift to take away the bitterness  
at which rate, being used twenty days, put  
three quarters of a pound of Sugar to every  
pound of Roots, the Roots being first boi  
ed tender over a gentle fire till you find the  
Sugar has sufficiently taken; and then being  
cool, put them up in a Gally pot or Glass.  
And much at the same rate may manage any  
thing of this or the like nature, as Grapes,  
Peaches, Plumbs, &c.

Conserving Flowers or Fruits is somewhat  
different from this: Wherefore for the  
better instruction, I shall say something con  
cerning it.



*Conserve or keep any sort of Flower, as Roses, Violets, Cowslips, Gilleflowers, &c.*

Take your Flowers well blown and clean  
cked, bruiſe them very ſmall in a Mortar,  
ith three times the weight of Sugar; after  
hich take them out, and put them into a  
pkin; and having thorowly heated them  
ver the fire, put the Conſerve up in Gally-  
ots for your uſe.

*To Conſerve Strawberries.*

Strain them, being firſt boiled in fair wa-  
er, and boil the pulp in White-wine and Su-  
ar as much as is convenient to make them  
iff, &c. And thus you may Conſerve any  
ort of Fruit, the difference not being great  
etween this and making Fruit Paſte; of  
hich I ſhall ſpeak hereafter.

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**C H A P. V.**

*Instructions for a Gentlewoman in Candyng  
Fruits, Flowers, Roots, &c. As alſo in dry-  
ing Fruits, and other things neceſſary to be ob-  
ſerved, after the exacteſt and neweſt Mode  
and Method, &c.*

**C**Andying Fruits, Roots and Flowers, be-  
ing an excellent way of rendering them  
pleaſant and laſting, is the next thing inten-  
ded

### 32 *Candying and Drying Fruits, &c.*

ded to be discoursed on : Directions for which take as followeth.

#### *To Candy Ginger.*

Take the fairest pieces, pare off the rind and lay them in water twenty four hours and having boiled double-refined Sugar to the hight of Sugar again ; when it begins to be cold, put in your Ginger and stir it till it is hard to the Pan ; when taking it out piece by piece, lay it by the fire, and afterwar put it into a warm Pot, and tye it up close and the Candy will be firm.

#### *To Candy Orange-peel.*

Take Peels of the best Civil Oranges, the meat being taken out, and put them into Water and Sugar boiling hot ; where being well softned, boil Rose-water and Sugar up to a hight, till it becomes Sugar again ; then draw your Peels through it, and dry them in an Oven or Stove, or before the fire.

#### *To Candy Cherries.*

Take them before they are full ripe, stone them, and having boiled your fine Sugar to a hight, pour it on them gently, moving them, and so let them stand till almost cold and then taken out and dried by a fire, &c.

*To Candy Elicampane-Roots.*

Take them from the syrup in which they have been Preserved, and dry them with a cloth; and for every pound of Roots, take a pound and three quarters of Sugar: boil it to a hight, and dip your Roots into it when hot, and they will take it well.

*To Candy Barberries.*

You must take them out of the Preserve, and wash off the syrup in warm water, then sift fine Sugar on them, and put them into an Oven or Stove to dry, stirring or moving them the mean while, and casting more sugar upon them till they are dry.

*To Candy Grapes.*

You must take them after they are Preserved, and use them as the former.

*To Candy Eringo-Roots.*

Take the Roots pared and boiled to a convenient softness, and to each pound add two pound of fine Sugar, clarifie it with the Whites of Eggs that it may be transparent; and being boiled to a hight, dip in your Roots two or three at once, and afterward dry them in an Oven or Stove for your use. And in this fashion you may Candy any thing as to Fruit or Roots, to which, Candying is proper.

### 34 *Candyng and Drying Fruits, &c*

per. And as for Flowers, which that w  
are pleasant and ornamental, you may Ca  
dy them after the following manner w  
their stalks and leaves, viz.

Take your various sorts of Flowers, c  
the stalks, if they are extraordinary long  
somewhat shorter; and having added abo  
eight spoonfulls of Rose-water to a pound  
white Sugar, boil it to a clearness; and as  
begins to grow stiff and cool, dip your Flow  
ers into it; and taking them out presently  
lay them one by one in a Sieve, and hold  
over a chafing-dish of Coles, and they w  
dry and harden.

*To dry Plumbs, Pears, Apples, Grapes, or the like*

You must first Preserve them, then wa  
or wipe them; after which set them upo  
Tin Plates in a Stove, or for want of it a  
Oven, not to hot, and turn them as you  
see occasion, observing ever to let them hav  
their Stalks on.

These things more especially being fit t  
be understood by a young Gentlewoman,  
have spoken of them in order: And since  
there are many other things necessary, o  
which I have said nothing, I shall proceed t  
give Instructions, as they occur, which I hop  
will prove altogether as profitable.

## C H A P. VI.

*Instructions for a Gentlewoman in making of Marmalade, Paste of Fruit, Artificial Fruit, Jellies of Fruit, Quiddanies, Fruit-cakes, Honey, Conserve for Tarts, Maccaroons, Comfits and Confections, after sundry forms and manners.*

*To make Marmalade of Oranges.*

Are your Oranges as thin as may be, and let 'em boil till they are soft in two or three waters, then take double the number of good Pippins; divide them and take away the core; boil them to pap without losing their colour: strain the pulp, and put a pound of Sugar to every pint; then take out the pulp of the Oranges, and cut the peel, and boil it till it is very soft: bruise it in the juice of two or three Lemons, and boil it up to a thickness with your Apple-pap, and half pint of Rose-water.

*To make Paste of Cherries.*

Boil the Cherries till they come to be very soft, and strain the pulp through a fine sieve, and add a pound of Sugar to a pint; thicken it with Apple-pap, and boil it up to a height, then spread it upon Plates and dry it.

*To*

*To make Marmalade of Grapes.*

Take the ripest Grapes, gathered in a day, spread them upon a Table where the Air and the Sun may come at them; after which, take from them the stalks and seed, boiling the Husk and Pulp, or Juyce in a Pan with often scuming, whilst it is reduced to third part, and then let the heat be gentle and when you find it thickned, strain through a Sieve; and boiling it once more add a small quantity of fine sugar, or the Powder of white Sugar-candy, and so put up in Pots covered with Paper for your use.

*To make Honey of Mulberries.*

Take the Juyce of the black Mulberries and add to a pound and a half of their Juyce two pound of clarified Honey, and boil them up with often scuming till a third part be consumed.

*To make Jelly of Quinces, Currans or Gooseberries.*

Take the Fruit, and press out the Juyce, clarify it, and add to each quart a pound of sugar, clarified and boiled up to a Candy height; then boil them together till a third part be consumed; then add a pint of White wine, wherein an ounce of Cherry-tree or Plumb-tree Gum has been dissolved, and this will make it a perfect Jelly.



*To make Lemon-Cakes, or Cakes of Lemons.*

Take fine sugar half a pound, to two ounces of the Juyce of Lemons, and the like quantity of Rose-water; boil them up till they become Sugar again, then grate into it, the rind of hard Lemons; and having well incorporated them, put them up for your use into coffins, &c. being cold, and cover them with Paper.

*Artificial Walnuts are thus to be made.*

Take a Sugar-plate and print it like a Walnut kernel, yellowing the inside with Saffron; then take seraced Sugar and Cinamon, and work them with Rose-water, in which Gum-dragon has been steeped, into a Paste, and print it in a Mould made like a Walnut-shell; and when the kernel and shell are dry, glue them together with Gum-dragon or Gum-Arabick, and they will deceive the best, who will take 'em for real Walnuts.

*To make Artificial Oranges and Lemons.*

Take Moulds of Alabaster made in three pieces, bind two of them together, and let them lye in the water an hour or two; boiling to a hight, in the mean time as much sugar as will fill them: the which being poured into the Mould, and the lid put quickly on, by suddenly turning will be hollow: And

so in this case to the colour of the Fruit you cast, you must colour your sugar in boiling.

*To make red Quince-Cakes.*

Take the syrup of Quinces and Barbaries of each a quart; cut into it about a dozen Quinces free from rind and core: boil them till they are very soft, then strain the pulp or liquid part, and boil it up with six pound of sugar till it be Candy-proof; then take it out and lay it upon Plates, as thin as you think convenient, to cool.

*Clear or transparent Quince-Cakes are made thus.*

Take a pint of the syrup of Quinces, and a quart of that of Barberies: boil and clarify them over a gentle fire, keeping them free from scum; then add a pound and a quarter of Sugar to the Juice, Candying much more, and putting it in hot, and keeping it stirring till it be near cold, at which time spread & cut it into Cakes as the former.

*To make Marmalade after the Italian fashion.*

Take about thirty Quinces, pare them, take out their cores, and put to them a quart of water and two pound of sugar; boil them till they are soft, then strain the juice and the pulp, and boil them up with four pound of sugar till they become sufficiently thick.

*To make white Quince-cakes.*

Clarifie your sugar with the Whites of eggs, putting to two pound a quarter of a pint of water; which being boiled up, add your sugar, and highten it to a Candy: then the Quinces being pared, cored and scalded, beat them to pulp, and put them into the boiling sugar, not suffering them to boil long before you take them off, and lay them on plates.

*To make Maccaroons.*

Blanch a convenient quantity of Almonds, by putting them into hot water: beat them in a Mortar, strewing on them as you beat fine seraced Sugar; and when they are well mixed, add the Whites of Eggs and Rose-water; and when they are of a convenient thickness, drop the Butter on Wafers layed on Tin-plates, and bake 'em in a gentle Oven.

*To make a Leach of Almonds.*

Take half a pound of Almonds blanch'd, beat them in a Mortar, and add a pint of new Milk, and strain them; add more, two spoonfulls of Rose-water, and a grain of musk, with half an ounce of the whitest sugar, and strain them a second time for use.

*To*

*To make Sugar smell like Spice.*

Lay lumps of Sugar under your Spice, sprinkle them with some of the Distilled-water.

*To make a Quiddany of Plumbs, Apples, Quince  
or any other Fruit that is proper.*

Take a quart of the Liquor of the Preserved Fruit, and add a pound of the Fruit rind separated from the stone, rind or core: beat it up with a pound of Sugar till it stands on a knife-point like a Jelly.

*To make a Conserve for Tarts of any Fruit that  
will keep all the Year.*

Take the Fruit you intend, peel off the rind, and remove the core or stone, then put them into a Pot, and bake them with a small quantity of Water and Sugar; being bak'd, strain 'em through a strong cloth, adding Cinamon, Sugar and Mace, very finely seraced, boil them on a gentle fire till they become as thick as a Jelly, and then put them up into Pots or Glasses stopp'd close, and they will have their proper taste at any time.

*To preserve Medlers.*

Take the Fruit and scald them in fair water till the Skin may be easily taken off, then stone them at the head, and add to each

## *The Art of Confectioning.* 41

pound, a pound of Sugar, and let them boil till the Liquor become ropery; at what time take them off, and set them by for your use.

### *To make Sweet-meats of any Apples.*

Make your Jelly with those that are most soft and pleasant, then cutting other Apples round-ways, put them into a Glass or Pot, and let them stand six days, then boil 'em with the addition of a quarter of a pound of Sugar, to a pound of Liquor, not breaking them, but seasoning them further with the Juycce of Lemons, Oranges, Cloves, Mace, and Perfuming them with a grain of Amber-grease.

*To make each sort of Comfits, vulgarly called Covering-seeds, &c. with Sugar; observe as followeth.*

You must provide a Pan of Brass or Tin, to a good depth, made with Ears to hang over a Chafing-dish of Coles, with a handle and Slice of the same Mettal; then cleanse your Seeds from dross, and take the finest Sugar well beaten: put to each a quarter of a pound of Seeds, two pounds of Sugar; the Seeds being first well dried, and your Sugar melted in this order, put into the Pan three pounds of Sugar, adding a pint of Spring-water, stirring it till it be moistened, and suffer it to melt well over a clear

C

fire

fire till it ropes, after that, set it upon hot Embers, not suffering it to boil, and so from your Ladle let it drop upon the Seeds, and keep the Bason wherein they are continually moving, and between every Coat rub and dry them as well as may be; and when they have taken up the Sugar, and by the motion are rolled into order; dry them in an Oven, or before a fire, and they will be hard and white.

Thus, Gentlewomen, have I let you understand the depth of Curiosities of this kind, and such as are futable to be done by your self, or at least to be observed whether they are done as they ought, by those you imploy to perform 'em, whether your House-keeper or Woman; for if your self appear ignorant herein, those that perform it will either have your want of understanding in contempt, or not perform as they ought. Wherefore leaving them to be considered and practised by you at leasure, I shall proceed to the remaining Curiosities in their order. And first, as to what belongs properly, especially in many cases, to your self, lest by too long abstinence your Appetite should be paul'd. I invite you to a Table furnished with dainties, and really let you understand what your Behaviour must or ought to be abroad or at home; and how, if it comes to your turn you must handle your Knife and Fork, &c.



in Carving the several sorts of Fowl, Fish and Flesh, of Beasts, &c.

C H A P. VII.

*Instructions for a Gentlewoman in her Behaviour at the Table, abroad and at home, with the Terms and Manner of Carving Fowl, Flesh, of Beasts and Fish, with Directions to know the choicest pieces in either, and such as are most acceptable.*

**T**Hough you may think it strange, and altogether a matter that might have been spared to instruct you as to Behaviour in Marriage state; yet let me tell you, though I shall hereafter say something as to this Point, yet the Behaviour of Youth differs from that of riper years; and since it is an Introduction to other matters, let your wonder cease, and observe what follows.

Being at the Table in your due place, observe to keep your Body strait, and lean not by any means with your Elbows, nor by ravenous Gesture discover a voracious Appetite: Knew no bones, but cut your Meat decently with the help of your Fork; make no noise in calling for any thing you want, but speak softly to those that are next, or wait to give it; nor be so dis-ingenuous as to shew.

your dislike of any thing that is before you, if strangers be at the Table; especially at anothers Table; Eat not your Spoon-meat so hot that it makes your Eyes water, nor be seen to blow it. Complain not of a queazy stomach; wipe your Spoon every time you dip it in the dish; if you eat Spoon-meat with others, eat not too fast, nor unseemly; neither be nice or curious at the Table by minding or mimping, as if you liked not the Meat or the Company; where you see variety, yet reach not after them, but stay till you have an opportunity, and then shew an indifference as to your choice; and if it chance to happen you have a Plate with some piece of your fancy not presented, wait your opportunity till it be taken away and changed; nor be inquisitive (for that is uncomely) to know what such a Fowl or such a Joynt cost, nor cut discourse of Bills of Fare; take not in you Wine or other liquor too greedily, nor drink till you are out of breath, but do things with decency and order. If you are abroad at Dinner, let not your hand be first in any dish, nor take your place unseemly; neither be induced to Carve, though the Mistress of the house out of a complement intreat it, unless you see a necessity for it; and whenever you Carve, keep your fingers from your mouth; throw not any thing over your shoulder

u, shoulder, neither take or give any thing on  
o that side where a Person of Quality, or one  
ot much above you is seated; nor reach your  
en arms over other dishes to reach at what you  
o like better. And so leaving what else is re-  
quifite in this kind to be observed, I proceed  
o to give you, First, the Terms of *Carvers*:  
ei Secondly, the manner of *Carving*: and,  
in Thirdly, Directions to know the best pie-  
ca ces, &c. And of these in their order.

ye *First*, That you may the better be enabled  
ave to direct those you appoint to Carve, if your  
er Carve not your self, the most expert in that  
to dextery give the following Terms, by way  
ec of distinguishment, and properly in the cut-  
rtting up all manner of small Birds: the di-  
no rection for it is Thighing them, as Larks,  
now Woodcocks, Pigeons, &c. Directions for  
no cutting up a Plover, is to mince it; a Quail  
you and Partridge, to wing them; a Pheasant, to  
rio lay it; a Curlew, to untie it; a Bittern, to  
wit unjoynt it; a Peacock, to disfigure it; a  
d a Crane, to display it; a Hern, to dismember  
ant; a Mallard, to unbrace it; a Chicken, to  
the nfrust it; a Swan, to lift it; a Goose, to  
is rear it: And so in Flesh of Beasts, as Creek  
t in that Deer, Unlace, that Coney, Leach that  
her drawn. So in case of Fish; As Chine the  
from salmon; String the Lampry; Splat the Pike;  
you awce the Place and Tench; Splay the  
ld stream; Side the Haddock; Culpon the  
C 3 Trout;

Trout; Tusk the Barble; Tranſon the Eel; Tame the Crab; Barb the Lobſter; Tranch the Sturgeon, and the like, or much to the ſame effect, in caſe of others not mentioned. But paſſing them over, for brevities ſake, I come to the ſecond thing to be conſidered, which is the manner of cutting up.

If y<sup>e</sup> u take it upon you to Carve a Swan, called in the proper term Liſting, ſlit him down-right in the middle of the breaſt, and through the back, from the neck to the rump, laying the ſlit ſides downward in the diſh, without tearing the fleſh, and ſerve the ſawce up in Sawcers.

The term of Carving a Goole is to rear or break her in this manner. Take off the legs very fair, then cut of the belly-piece round, cloſe to the lower end of the breaſt, and with your knife, lace her down on each ſide a thumbs breadth from the breaſt-bone, taking off the wings with the fleſh you firſt laced, raiſing it cleaver from the bone, then cut up the merry-thought, and another piece of fleſh which you formerly laced; turn the carcaſs, and divide it at the back-bone above the loin; then lay the rump end of the back-bone at the fore-end of the merry-thought with the fleſhy ſide upward, and the wings on each ſide contrary, that ſo the boney end of the legs may ſtand up in the middle of the diſh, and the wings on their out-ſide, put  
ting

ting under the wing Pinions, the two long pieces of flesh, &c. and let the ends meet under the leg-bones.

In carving or dismembring a Hern. Lace her down the breast, and take off both the legs; then raising up the flesh, take it clean off with the Pinions; then sticking the head in the breast, set the Pinion on the contrary side of the carcass, and the legs on the other side, so that the ends of the bones may meet cross over it.

In cutting up a Bustard or Turkey. The leg being raised up very fair, open the joynt with the sharp point of your knife, and lace down the breast on both sides, without taking off the leg or the pinion; then raise up the merry-thought, and between the top of the breast-bone and the merry-thought, lace down the flesh on both sides, and raise up the flesh called the Brawn; turn it outward on both sides, but neither cut it off nor break it; then cut off the wing-pinions at the body joynt, and stick on each side the pinion, in the place where you turned out the Brawn, cutting off the sharp end, and taking the middle-piece, that will fit the place. And in this manner a Capon or a Pheasant may be cut up, but cut not off the Pinions of the fore-ner, the divided Gizzard serving to supply the place where the Turkeys wings were put out.

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In unbracing a Mallard. Observe that you raise up the pinion and leg, not taking them off: raise likewise the merry-thought from the breast, and lace it down slopingly on each side the breast, and loosening the joynts, leave it undivided.

In displaying a Crane. Unfold the legs and cut off the wings by the body joynts then sawce both the wings and legs with powder of Ginger, Mustard, Salt and Vinegar: and so a Bittern may be unjoynted, or any other Fowl of that nature.

Your Partridge or Plover minced, &c. White-wine, Powder of Ginger and Salt is a proper sawce.

In unlacing a Coney. Turn the belly upwards, cutting the belly-pieces from the Kidney, then with the point of your knife loosen the kidneys, and flesh between, to either side of the bone; when turning up the back-side of the Rabbit, cut it cross between the wings, and lace it down close by the bone on either side; then open the flesh from the bone against the kidney, and opening the legs, slit them from the Kidney to the rump and lay them close in order.

A Pig being chined, is generally divided into four quarters, the Head divided, and the Ears taken off, and the rest left to the discretion of the Carver.



A Salmon is chined down the back, or laced on each side the back-bone, and divided into Mediums and Extremities, greater or lesser, at discretion. And thus far having given you an insight into the terms and methods of *Carving*; I shall let you, in the next place, know what is to be done in the distribution of what is carved, that it may find the better acceptance: As,

Thirdly, If you have a friend at the Table you would oblige more than another; & if Chickens boil'd be the first dish, the breast is to be preferred, and next the leg; for in all boiled fowl, the leg is accounted better than the wing; though in roasted ones, if they be wild-fowl, the wing is chief: and the reason that is given is, because it is exceeding tender by means of its continual motion; and add, as a curiosity on the other hand, that the legs of tame-fowl not using the wing, but too often scratching, are to be preferred as the best nourishment; though it is generally held in wild and tame fowl, as Pullets, Turkeys, Capons, Geese, Duck, Mallard, Pheasant, Dotril, and the like, that the merry-thought and the wing is best, however they are most acceptable, and the next part, that which is laced on the breast-bone.

As for Butchers meat. In roast Beef, that which is within side the Surloin is most prized; and in other peices, that which is curi-  
ous

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ously striped with fat and lean; and so in  
boil'd Beef.

In a Loin of Veal the Nut-piece or Kid-  
ney-piece is the best to be presented.

In a Leg of Mutton, there is a little round  
bone on the in-side, above the handle, that is  
fit with the meat upon it to be presented, and  
is in great esteem among the curious: As it  
appeared by a Gentleman, who after long  
Coursing, being extream hungry, and finding  
that bone untouched in a cut Leg of Mutton,  
refused to eat by reason he fancied Boorish  
people had had the first handling of it, or o-  
therwise their discretion would have direct-  
ed them to have taken that piece.

A Shoulder of Mutton being cut between  
the handle and the flap, the fat Nut there  
found is the choicest piece, and worthiest to  
be presented. And in a roasted Pig the Wo-  
men especially prefer the under Jaw and the  
Ear, though on the other hand the Neck and  
middle-piece is preferable.

In a Hare, Coney or Leverit, the back-  
piece, just in the middle, is held of great e-  
steem, though some nicely covet the piece  
by the side of the tail, commonly called the  
Huntsman's piece.

In all Fish without shells, the Jole, or that  
part next to the head, is to be esteemed;  
and in a Lobster or Crab, the claw.

If Fish or sliced Flesh be in Paste, 'tis proper to touch it with your Knife, Fork or Spoon; and raising it conveniently, lay it upon a Trencher or Plate in the best order, not by any means, delivering it to the hand of the party with your Knife, Fork or Spoon, but on a Plate.

All sorts of Tarts, Custards, wet Sweetmeats and Cakes, being cut in the dish wherein they were served up, must be layed likewise with the point of a Knife, handsomely on a Plate and presented.

Thus having shewed you how to behave your self, and, in some part to manage good cheer; it will be highly necessary to consider, that a young Gentlewomans Beauty is an Ornament next to that of her Virtue; and though Nature is prodigally lavish in furnishing your Faces with charms, yet seeing she is deficient, and casualties impair the perfection of you lovely Sex, I think fit to impart such Secrets, as by harmless ways what is wanting or disordered, may be supplied or repaired: In which, the following Treatise will direct you.

## C H A P. VIII.

*The Closet of Beauty, or Modest Instructions for a Gentlewoman in making Beautifying Waters, Beautifying Oyls, Pomatums, Reparations, Musk-balls, Perfumes, and other Curiosities: Highly necessary and advantageous in the Practice, &c.*

**G**entlewomen, Imagine not that I undertake this Treatise to create in you the least self-conceit or extravagant opinion of your Merits, by putting into your hands an opportunity to render your selves more beautifull, if possibly it may be, but to preserve what you have, at least from the ruins of time, or any unfortunate accident, for neatness on this side the Region of Pride is to be observed in that as well as in Apparel; nay in a cleanly observance, even Health it self is concerned. But to proceed.

*If Hair, that comely Ornament of your Sex, be wanting, occasioned by Sicknes or defect of moisture, &c. To recover it.*

Take the Ashes of Hyssop-roots, the Juyce of Marshmallows, and the Powder of Elicampagne-roo's, of each an ounce: boil them in half a pint of White-wine, with a dram of the Oyl of Tartar, till half be consumed, and

with

with the remainder Anoint the ball'd place,  
and the hair will be restored.

*To preserve the Hair from falling off.*

Burn Pigeons dung to Ashes, of which  
take the quantity of an ounce, put them into  
pint of water where Wood-ashes have  
baked: then add two ounces of the Juyce of  
Senegreen or Houlleek, and one of fine Su-  
gar-candy, and half an ounce of Rosemary  
flowers: boil them together, strain them  
well, and wash the place six or seven times,  
and the Hair will not only remain firm, but  
what is fallen off will renew.

*If Hair grow too thick or unseemly in any part  
of the Body.*

Take Gum-Arabick, and boil it to the  
thickness of a Salve in the Juyce of Hemlock,  
and lay it on the place Plaster-wise; and  
when it is taken off, which must not be un-  
der two days, it will bring off the Hair by  
the roots, not permitting any more to grow  
in that place.

*To make the Hair fair and beautifull.*

Cleanse it from dust by washing it in Rose-  
Vinegar, then boil an ounce of Turmerick,  
the like quantity of Rubarb, with the leaves  
of Bay-tree cut small, to the quantity of a  
handfull; boiled in a quart of water, where-

in half a pound of Allom has been dissolved and by often washing your Head with the decoction, it will make your Hair fair and lovely, unless it be a deep red, or exceeding black.

*To cleanse the Skin of the Face and make beautifull.*

Take and distill the Blossoms of Pease and Beans with the like quantity of the flowers of Fumitory and Scabeous, and wash the Face with it morning and evening, anointing it afterward with a small quantity of Oyl of Myrrh; and by often using it, you will have cause to admire the effects. Rosemary flowers boiled in White-wine, have likewise the wonderfull quality in this kind.

*To take away Freckles.*

Take the Galls of two Cocks, a handful of Rye-flower or Meal, a pint of Verjuice, two ounces of Plantane-water, and one of the Oyl of Bitter Almonds: boil them, and strain out the liquid part, when a third part is consumed, then boil it again till it become a kind of an Ointment; and often anointing the Face therewith, will remove them.

*To make a clear, white and smooth Skin.*

Take an ounce of Barrows grease, the Whites of two Eggs, half an ounce of the



shes of Bay-tree roots or leaves, a quarter  
of an ounce of Honey of Roses, and a quarter  
of a pint of Plantane-water : boil them till  
they become an Ointment, and use it to the  
end above-mentioned.

*To take away Sun-burn.*

A handfull of Spanish Salt dissolved in the  
Juyce of two Lemons, is a speedy remedy,  
the Face and Hands being often rubbed with  
it, and it as often suffered to dry upon them.

*To take away Wrinkles, and make the Face look  
youthfull.*

Take of Brandy, or Spirit of Wine, a quar-  
ter of a pint ; of Bean-flower and red Rose-  
water, each four ounces ; Water of Lillies,  
four ounces ; the Juyce of Briony-roots, two  
ounces ; and of the decoction of Figgs, two  
ounces : Incorporate them over a gentle fire,  
and use it as a Wash.

*To take away the Red Spots, occasioned by the  
Small Pox.*

Wash your Face with Juyce of Lemon,  
which beaten Allom and Bay-salt has been  
dissolved ; and to wear out the Pits, or pre-  
vent them gnawing deeper, as you grow in  
years, Take half a pint of the Spirit of Vine-  
gar, an ounce of Mustard-seed, a quarter of  
a pint of the Juyce of Marshmallows, and a  
hand-

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handfull of Bran: boil them together, and put the liquid part in a Viol, with which wash your Face morning and evening, and you will find the effect will answer the trouble.

*To take away Pimples and Redness in the Face*

Dissolve half an ounce of Alom in the White of an Egg, and a spoonfull of Vinegar: beat it together till it is well mixed, and when you go to bed, lay it Plaster-wise upon the place, and your desire will be effected.

*To take away the hot swelling of the Face.*

Boil Rosemary-blossoms, or leaves of Groundfil and Chamomile in White-wine, and not only wash your Face in the Juice, but lay the Herbs stamped with a small quantity of Oyl of Roses, Pultis-wise, to the place afflicted.

*To Restore a Ruby Face to its former Complexion*

Take the yolks of two Eggs, an ounce of fresh Butter, four drams of Camphire, half a pint of Rose-water, an ounce of the Oyl of Bays: mingle them well by heating them over a fire, and anoint the Face with the Oyntment, for they will produce, if well be-

and kept stirring, and strained through a  
woollen cloth an, Oyl, &c.

*To make the Hands soft and white.*

Take of Bean and Lupin-flower, of each  
handfull ; of Starch, Corn, Rue and Orice,  
and sweet Almonds, two ounces : beat or  
grind them together, and with the Powder  
wash your Hands often.

*To make an Excellent Wash-ball for the Hands  
and Face.*

Take two ounces of *Calamus aromaticus*, of  
Rose-flowers, and the flowers of Lavender,  
each a handfull ; three ounces of Orice, and  
an ounce of Cyprus : beat them well, scrape  
onto the Powder of them, being sifted as  
much Castle sope as will make it into Balls,  
when mollified with Rose-water.

*To prevent marks of the small Pox, in the Face.*

Boil Cream and Honey of Roses to an  
Oyntment, and therewith anoint the places,  
during the Patients sickness, where you fear  
the deformity.

*To make Teeth white and continue sound.*

Take of the Powder of Roach-Allum a  
quarter of an ounce, the like quantity of the  
Powder of fine Pumice-stone, half as much  
Bay-salt, and half a quarter of a pint, of the  
Juyce

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Juyce of red Sage : boil them over a gentle fire till they appear thick, and with the residue rub your Teeth every morning, washing your Mouth with Water and Honey.

For want of this, boil a like quantity of Rosemary, Sage and Allom, in Spring-water rub your Teeth therewith, and wash your Mouth with the Juyce or Water of Ladies Thistle root, or the root of Hore-hound, and it will restore the Gums, and preserve the Teeth white and firm.

A fine Pumice-stone only will make Teeth if sound, as white as Ivory, by gentle rubbing.

*To cause a sweet Breath.*

Take four ounces of Cummin-seed, as much of Anniseed, with half as much of the tops of Lavender : bruise them and boil them in Wine, sweetned with white Sugar-candy drink, when you rise and go to bed, an ounce of the liquid part, and in ten or twelve days your Breath will be as sweet as ever, unless the Lungs are putrefied.

*If your Eyes are Blood-shot, to remove that unseemly grievance.*

Take two ounces of the Roots of red Fennel, stamp them and press out the Juyce, and mingle it with half an ounce of clarified Honey : heat them gently over the fire till they become

come an Oyntment, anoint therewith the  
e-lids, and drop a drop with a feather into  
each Eye: and in so doing, and washing  
them with White-wine or Eye-bright-water,  
the redness will vanish.

A rotten Apple, Bole-armorick and Bread,  
made into a Poultis, by braying them in a  
mortar, and laying them over the Eyes, wet-  
ted a little with Eye-bright-water, between  
two fine cloths, will do the same; as also  
move an Inflammation.

*by the Wind, or sharpness of the Air, clefts hap-  
pen in your Lips.*

Take Deers Suet an ounce, the like quan-  
ty of *Spermaceti*; add thereto an ounce of  
the Juyce of Housleek or Senegreen, and  
make them into an Oyntment, and anoint  
your Lips, or any part of your Face so af-  
fected; it will likewise serve for your Hands,  
doing it when you go to bed, and draw-  
ing on a pair of soft Gloves.

*To restore a singular Complexion in the Face where  
it is wanting.*

Take green Hysop, when the Flowers are  
in it, stamp it, and strain out the Juyce:  
sweeten it with white Sugar-candia, and boil  
up with a third part of the Juyce of Pom-  
granets;

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granets; and when it is clarified use yourself to drink six spoonfulls of it in warm morning and evening, and you will find the advantage.

*To remove any ill scent from out of the Nostrils*

Snuff up or inject with a Sirringe, White wine, wherein Ginger, Cloves and Calamine have been boiled, and provoke your self to sneeze with the Powder of *Piritum*, steeped in the Juyce of Senegreen, and afterwards dried to it's original dryness in the Sun.

*To make a sweet Water to be used by Gentlemen on sundry occasions.*

Take a pint of the Water of Mugwort, half a pint of the distilled Water of Peach blossoms, drop into them, when warm eight or nine drops of the Oyl or Spirit of Cloves, and as much of Nutmegs: stop it close, and shake it when you use it.

*To take away Warts, very troublesome, on sundry occasions.*

Take the Juyce of Senegreen and Purslain, adding to it an ounce of both together, ten or twelve drops of Oyl of Tartar, and wash the Warts with it when hot, and they will fall away.



*to kill Black-beaded Worms in the hands or face.*

Take half a pint of Wormwood-water, an ounce of the Ashes of Suthern-wood, and half an ounce of black Sope: boil them till the moisture be so far consumed, that they come to a thicknes: then add an ounce of Oyl, make them into an Oyntment, and anoint the place where they be, which you may perceiue by their black heads, and they will, by often doing it, dye and waste away.

*to take away Freckles, Morpew or Scars in the face.*

Take half a pint of the Spirit of Wine, Rosemary-flowers two ounces, the Juyce of Elder-leaves two ounces, and the Marrow of Sheeps-feet or Hogs-feet two ounces; boil them till a third part be consumed, and anoint your face therewith. Or for want of it, Take of the Oyl or Oyntment of Cittern four ounces, and two of Pomatum; anoint your face with them when well incorporated, and six hours after wipe it off, and wash your face with Bean-flower or Rosemary-flower water.

*In case of a Ring-worm in the Face.*

Take half a quarter of a pint of the Vinegar of Squills, a quarter of an ounce of the Juyce of Sellendine, three drams of the Oyl of Tartar, and as much of the Powder of Alloes:

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Alloes : heat them over the fire till they come thick, and lay some of it Plaster- to the place grieved.

*To cleanse the Body and make it comely.*

Take red Roses two handfulls, of red S and Lavender-flowers the like quantity handfull of Featherfew, and as many B leaves : boil them in Spring-water, adding handfull or two of Salt, and wash your as warm as with conveniency you may.

*To Curl the Hair.*

Take three ounces of Pine-nut kernels dry them and beat them into Powder, then add to them half a pint of the Water of W flowers, and two ounces of the Oyl of M the le : boil them into a thickness, and strain out the liquid part, anoint the Hair, and t it up ; and so you will find it will in twice thrice doing keep the curl.

*To make Hair black.*

Take two ounces of the Juice of green Wa'nuts, as much of that of red Poppe an ounce of the Oyl of Myrtle, and of th of Costmary, the like quantity : boil em an Oyntment, and anoint the Hair therew often, and it will effect your desire.

*Gentlewomen, your Breasts be over-large, (and by that means troublesome) to reduce them.*

Make an Oyntment of Roach-Allom and oil of Roses, with a small quantity of Scabious-water, and they will contract themselves being often anointed.

*To make a sweet Bath.*

Take the flowers or peels of Cittrons, the flowers of Oranges and Gessamine, Lavender, Hyssop, Bay-leaves; the flowers of Rosemary, Comfrey, and the seeds of Coriander, fennel and Sweet Marjorum; the Berries of Myrtle and Juniper: boil them in Spring-water, after they are bruised, till a third part of the liquid matter is consumed, and enter in a Bathing tub, or wash your self with it as often, as you see occasion, and it will infallibly serve for Beauty and Health.

*make Musk-bags to lay amongst your Cloaths.*

Take the flowers of Lavender-cotton six ounces, Storax half an ounce, red Rose-leaves two ounces, Rhodium an ounce: dry them and beat them to Powder, and lay them in a bag wherein Musk has been, and they will have an excellent scent, and preserve your Cloaths from Moths or Worms.

*To make Musk-balls.*

Take of the flower of Almonds six ounce  
 Castle-sope six ounces: wet them in Ro  
 water, and infusing two grains of Mus  
 make the Paste up into balls without he  
 ing.

*To make burning Perfume.*

Take an ounce of Storax, the like quan  
 ty of Mace, Cinamon and Nutmeg: bru  
 them together, and add the Powder of C  
 fa, and two ounces of the Oyl of Myrrh,  
 more if that suffice not to make it into rol  
 or instead of it, you may use Virgins Wa  
 and being set on fire, it will cast a precio  
 scent.

*To make a scent of Rosemary.*

Take your Perfumer, and heat it ove  
 chafing-dish of coals; put into it, being pr  
 ty hot, two spoonfulls of Rose-water, b  
 a handful of Rosemary-tops, and six dram  
 of Sugar; and all the house will be scented.

*Another excellent Perfume; how to make it*

Take a quarter of a pint of Rose-water  
 two grains of Amber-grease, two peny weig  
 of Sugar, and a grain of Civit; beat them  
 gether, and put them into your Perfuming  
 pot over the fire, and it will send forth a  
 licate odour.

*An Excellent Perfume good against Infectious Air, and exceeding pleasant ; how to make it*

Observe to take half a quartern of Spike-water, as much of Rose-water ; a quarter of an ounce of Cloves, with seven or eight Bay-leaves shread ; and six grains of Sugar, and boil them in your Perfumer.

*To make Musk-Cakes.*

Take half a pound of red Roses ; bruise them well , and add to them the water of Basil, the Powder of Frankincense, making it up with these a pound ; add four grains of Musk : mix them well to a thickness, make them into Cakes, and dry them in the Sun.

Thus, Gentlewoman, have I made you sensible of such Curiosities, as are not only pleasant, but as highly advantageous. And now least you should be wanting in what is further necessary in the preservation and re-  
stitution of Health, I shall give you some admirable Receipts in Physick and Chyrurgery, that you may be helpfull to your self and others : Such they are, as have been often administred, and used with success ; and such as, if rightly and seasonably applyed, can do no harm ; nor are they unfit for the Closet of a Gentlewoman, therefore accept them in good part.

## C H A P. IX.

*Instructions for a Gentlewoman in many Excellent Receipts, Physical and Chyrurgical, tending to the restauration and preservation of Health, in old and young, according to the best approved Rules and Methods, safe and easie in the Application, and successful in the Operation.*

**I**F any person be afflicted with the Griping of the Guts, Take Juniper-berries, Fenel, Anniseeds, Bay-berries, Tormentilo, Bistort, Balauſtius and Pomgranet-seeds, of each an ounce: bruiſe them adding of Rose-leaves a handfull: boil them in Milk, press out the liquid part, and add more the yolk of an Egg, and six grains of *Laudanum*: prepare it warm, and give it Clister-wise.

*For Pains in the Head.*

Take a Rose-cake, steep it in Bettony-water, and apply it to the Forehead and Temples cold, often wetting it, and the Pains will abate.

*In case of an Ague.*

Take Rye-meal, temper it well with the yolk of an Egg, then spread it Plaster-wise and strow upon it the Powder of Juniper



berries, and lay it to the parties Wrists, giving him to drink a draught of hot Ale, wherein blew Lilly-roots have been steeped a night, and a white Flint-stone red hot quenched, and let him or her thereupon go into a hot bed; and by several times using it, the advantage will appear.

Or, Take two quarts of small Ale, thread into it a handfull of Parsley, and the like quantity of red Fennel, of Centory and Pimpernel, each a handfull: boil them in the Ale till a third part be consumed; sweeten it then with Sugar-candy, and let the party drink it hot upon the approach of the cold fit.

*For the yellow Jaundice.*

Take a large Onion, make it as hollow as you can; put into the cavity a quarter of an ounce of Venice-Treacle, and as much Honey, with a dram of Saffron: set the Onion on a gentle fire, and when by often turning it is sufficiently roasted, press it together with what was in it, and let the party grieved take a spoonfull of it for three days together in White-wine.

*For the black Jaundice.*

Take Sage, Parsley, Groundsil and Smalage, and boil them in Pottage with Swines-leth; and in often eating it, the grievance will be removed.

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### *For a dry Cough.*

Take Anniseeds an ounce, the like quantity of Ash-keys, as many Violet-flowers and the Powder of Licoris: beat them together, when dried, till they be a Powder then put them into a pint of White-wine sweetning it with two ounces of white Sugar-candia: boil them into an Electuary, and let the party take the quantity of a Walnut every morning fasting, drinking after it a glass of warm Ale or Milk.

### *To make a green Ointment.*

Take a pound of Barrows-grease, add to it an ounce of Verdigrease, of Salgem half a scruple: make them up into an Ointment over a soft fire, and it is used with success in case of old sores or bruises.

### *To break an Imposthume or Swelling.*

Take an ounce of the Roots of White Lilies, half a large Onion, and half an ounce of Barrows-grease; stamp them together and being fryed, lay it hot to the place.

### *To remove the humour that occasions the Green sickness in Virgins and young Widows.*

Take a quart of Claret, a pound of black Currans, a handfull of young Rosemary-top with half an ounce of Mace: bruise them

&c. *Physical and Chyrurgical Receipts, &c.* 69  
and boil the liquid part to a pint, and let the  
party afflicted drink half a pint hot morning  
and evening for a week together.

*Sir Philip Parry's Emplaister ; how to make it,  
and its Virtue.*

Take of Olive-oyl two pounds, red Lead  
one pound, white Lead one pound ; beat and  
serace them ; of Castle-sope twelve ounces :  
incorporate them in an Earthen-pot well gla-  
zed, then set them on a gentle fire for an  
hour and half, stirring them continually till  
the matter become the colour of Oyl, and  
somewhat dark. Try it on a Plate, if it  
cleave not thereto, it is enough, then spread  
it on your Linnen, or dip the Linnen into it,  
and smooth it with a sleek-stone, and it will  
not lose it's Virtue in many years.

*This Plaister, applied to the Stomack, provoketh  
Appetite, taketh away the grief or pain. Ap-  
plied to the Reins, it stoppeth the Bloody-flux,  
the Running of the Reins, the Heat in the  
Kidneys, and the weaknes of the Back, and  
is good for Swellings, Bruises, Aches, &c.*

*A most Approved Plaister for the Rupture.*

Take of Aloes and Cittron one ounce,  
Dragons blood an ounce, Myrrh an ounce,  
Mastick, Bole-Armonick, Gum-dragant, of  
each three ounces ; make them into a Pow-  
der, and with the Juyce of red Housleek, work  
them into a Plaister.

D 3

*A. Salve*

*A Salve Excellent to draw and heal, &c.*

Take a pennyworth of Turpentine, as much Virgins Wax as a Walnut, the like quantity of fresh Butter, a spoonfull of Honey melt them into a pan, and strain the substance into fair water, and make it into a Roll for your use.

*An Excellent Emplaister for a new or old Sore.*

Take of Rosine four ounces, melt it, then of Turpentine take an ounce, and two ounces of Wax, the like of Sheeps-suet cleared from the skin, and a spoonful of Olive-oyl: boil them over a gentle fire, and then strain them into water, and apply them as a Salve.

*Dr. Morfus Emplaister, commonly called Oxecrotium.*

Take Ship-Pitch, Saffron, Colophony, Bees-wax, of each three ounces; Turpentine, Galbanum, Amoniacum, Myrrh, fine Frankincense, Mastick, of each an ounce and three scruples: lay your Galbanum a night in Vinegar, then boil and strain it; melt your Gums, and mingle them by stirring: put in last your Turpentine, and being well incorporated, make it into Rolls, and use it in case of Pains, Aches, Bruises, Strains, Dislocations, and to strengthen the Nerves, &c.

Oyl

c. Oyl of Rosemary-flowers; how to make it, with  
its Virtual Operation.

Take a good quantity of Rosemary-flow-  
ers, stamp them and put them into a Glasse  
with strong Wine: stop the Glasse close, and  
set it in the Sun six days, then distill the Flow-  
ers and Wine with a soft fire, and the effect  
will produce both Water and Oyl; separate  
them, and keep the Oyl close in a Glasse.

This Oyl is good against the inveterate Head-  
ach, it comforteth the Memory, and preserveth  
the sight, by being drunk in a Glasse of Wine,  
or dropped into the Eyes: being dropped into  
the Ears, it helpeth Deafness, and is good in  
case of the Dropsie, yellow Jaundice, Rising of  
the Mother, &c.

An Excellent Powder to provoke Urin, and send  
forth the Gravel and Stone.

Take a Flint-stone and beat it in a Mortar  
to a fine and subtil Powder, serace it and  
keep it in a Bladder till you have occasion to  
use it, then take half a dram fasting in a Glasse  
of White-wine or Ale, and keep your self  
warm.

A Powder to ease the Pains of the Gout.

Take of fine Ginger two drams, four  
drams of dried Elecampane-root, Licorice  
half an ounce, Sugar-candy three ounces

*Physical and Chyrurgical Receipts, &c.*  
beat them to a fine Powder, and serace them  
drinking off the Powder, a dram at a time  
fasting in a Glass of Ale.

*A Water for easing the Pains in the Teeth.*

Take of red Rose-leaves half a handfull  
Pomgranet-flowers the like quantity, two  
Galls thin sliced; boil them in three quarters  
of a pint of red Wine, and half a pint of fair  
Water, untill a third part be consumed;  
strain them, and hold a spoonfull at a time in  
your mouth, and lay a hot cloth to your  
cheek dipped in the liquid part, &c.

*An Excellent Water for the Ulceration of the  
Yard.*

Take Water wherein Iron has been often  
used of Pomgranet-piles and flowers of each,  
three drams; of Plantane and Housleek, each  
an ounce and a half; of Honey of Roses,  
Turpentine, each half a pound; Allum six  
ounces, white Copperas three drams: boil  
them till half be consumed, then add Verdi-  
grease three ounces; strain them, and gent-  
ly boil them again; then letting them settle,  
take the thin and rarify'd part, and inject it  
with a Syringe, anointing the place grieved  
with the other part.

*An*



*An Ointment to cleanse Sores either old or new.*

Take two ounces of Turpentine, wash it well in a Barly-water, put it to the yolks of six new-laid Eggs, Honey of Roses, or common Honey four ounces: mingle them well over a gentle fire till they become an Ointment, and then dip the Tents or Pledgets in it, and apply them.

*Flos Unguentorum; how to make it; together with its Excellent Virtue.*

Take Rosin, Perrosin, of each half a pound; Virgins Wax, Frankincense, of each four ounces; Mastick half an ounce; Stags-suet four ounces; Camphire two drams: Pound, and melt them over a gentle fire, then strain them into a Pottle of White-wine; and when it is luke-warm, put thereto three ounces of Turpentine, stirring it till it be cold, and then put it up for your use.

*It is exceeding good for old Wounds, in order to the ingendring good flesh, and cleansing them; wasting likewise the bad flesh, and is good for all manner of Imposthumes in the Head, and in the Body; also for Strains in the Sinews: It draweth out Thorns or Splinters of Bones; it healeth Botches and Scabs, and is good for the Noli me tangere; and is an excellent Sear-cloth for the Gout, Sciatica or Aches in any part of the Body.*

## *Physical and Chyrurgical Receipts, &c*

*For a Scald, or any Burn, an Excellent Ointment*

Take of Cream a quart, Fern-roots a handfull : slice and wash the Roots, and then boil them in the Cream in an Earthen-pot till they Jelly, and at what time there is an occasion to use it : Ferment it with a *Spatula*, and apply it on a Linnen-cloth, often renewing it.

*An Excellent Ointment to assuage Pain, and cool any extraordinary Heat by what means soever it happen.*

Take of white Carrate four ounces, Oyl of Roses ten ounces, red and white Saunders, red Roses, Myrrh, Olibanum and Mastick, of each two drams ; Camphire half a dram, Turpentine two ounces and a half, and make them into an Unguent.

*A Tobacco-Salve for any fresh Wound.*

Take of the Juyce of green English Tobacco a quart, of Olive-oyl a pint, of Wax and Turpentine, each an ounce and half ; an ounce of Verdegrease : boil them over a gentle fire for an hours space, and make them up in Rolls for your use.

Note, That the best Cloth for Plaister is new Lockram, and the worst Calico, or such cloth as has been starched.

*For*

For the Shrinking of the Nerves or Sinews, a  
Plaster.

Take of Water-creffes and Cammomile,  
each a handfull; stamp them and fry them  
with a handfull of Wheaten-meal, and two  
ounces of Honey; then spread them on a  
cloth, and apply them to the place at hot as  
may be well endured.

*A Dredge Powder, that purgeth Choler, Phlegm  
and Melancholy.*

Take of Turbith one ounce, Ginger, Ci-  
namon, Mastick, Gallengale, grains of Pa-  
radise, Cloves, Anniseeds, the Herb called  
*Mercury's Finger* and *Diagredium* of each half  
an ounce: the leaves of Senna two ounces  
Loaf-sugar four ounces; dry them that they  
may be pulverized, and mingling them well  
take a dram in a morning fasting either in  
glass of White-wine or warm Ale.

*An Excellent Powder to purge the Head by  
Sneezing.*

Take of the Roots of Sneezing-wort  
Bartram an ounce, Castorum half an ounce  
of white Hellebore and black Hellebore  
each an ounce; Marjorum a handfull: dry  
them and make them into a Powder, use  
the Powder moderately as you see occasion.

*Physical and Chyrurgical Receipts, &c*

*An Excellent Powder for the Falling-sickness.*

Take a Mans Scull that has not ben above a year buried: bury it in hot Embers till it become white, and easie to be broken: Then take off the uppermost part of the head to the top of the crown, and beat it into Powder; then grate a Nutmeg, and put it to it, with two ounces of the blood of a Dog dried and powdered: mingle them together, and give the grieved party a dram morning and evening in White-wine or new Milk.

*An Excellent Powder for hollow Ulcers.*

Take Frankincense, Mastick, Myrrh, Sarcocol, Bole-armorick, Dragons blood and Barly-meal, of each an ounce: make them into a Powder, and sprinkle a little of it in the Ulcer, &c. and bind it up: which often doing, will fill it with flesh.

*A Powder to Incarnate any Wound.*

Take of Hog-Fennel half an ounce, Flow-  
erdelize five drams, Myrrh three grains,  
the greater and lesser Centaury, of each two  
drams: Round *Aristolocia*, *Tuttia*, *Oppopanax*,  
Meal of *Orobis*, each two drams and a half:  
beat them into fine Powder, and strew them  
upon the wound as you see occasion.

*An Excellent Powder to stay the bleeding of Wounds, &c.*

Take Quick-Lime, Dragons Blood, Aloes, Frankincense, Copperas, of each four drams : incorporate them, and being finely powdered with Cobwebs, and the White of an Egg : apply the Powder by sprinkling it on the wound.

*An Excellent Poultis for any Ach, Sprain or Dislocation.*

Take of Smallage, Marshmallows, Camemile and Groundfil, each a handful well picked : stamp them and fry them in six ounces of Barrows grease with the yolks of two Eggs, and apply them as hot as may be well endured to the place grieved.

*An Excellent Powder in case of the Small Pox, or any Infectious distemper.*

Take half an ounce of English Saffron, dry it till it may be pulverized, add to it six grains of Bezoar-stone, a dram of Myrrh, and an ounce of white Sugar-candy : Incorporate them, and let the party take a dram at a time in White-wine, not exceeding a spoonfull.

## 8 *Physical and Chyrurgical Receipts, & Phy*

*An Excellent Confection to preserve against Plague, or any Pestilential disease; as also from the effects of bad Airs.*

Take green Walnuts, number six : Baur and Rue, of each a handfull ; Plantane and Bettony the like quantity : bruise them with fine Sugar and Spirit of Wine then dry the whole matter in an Oven or Stove till it becomes as solid as Conserve of Roses, and let the party take fasting as much as a Hazle-nut

*For the Consumption, an Excellent Receipt.*

Take the Hearts of three Sheep new killed, cleansed from the blood and strings Toak them a night and a day in White-wine dry them again, and put them into a new glazed Pipkin, covering them above and below with Rosemary-branches : then add Cloves, Sugar, Harts-horn, of each three ounces, and four ounces of white Sugar-candy, and as much Asses Milk as will cover them ; then stop them close with Paste, and let them stand in an Oven the Baking of Household-bread ; after that press out the liquid part, and take a spoonful morning and evening.

*An Excellent Drink for the Windiness of the Stomack or Spleen.*

Take a handfull of Broom-buds, the like quantity of Anniseeds ; of the Roots of Sc



beous an ounce : boil them in a quart of new Ale, sweeten the liquid part with brown Sugar, and drink half a quartern hot at a time morning and evening, or when you find your self oppressed ; and in so continuing it for a week, you will find great relief.

*The Lord Denise's Excellent Medicine for the Gout ; how to make and apply it.*

Take four handfulls of Burdock-leaves, with the stalks on, shread them and bruise them : strain out the Juyce and clarifie it, adding half the quantity of Olive oyl, and keep it close stopped in a glasse ; and as you use it, apply it with a hot cloth to the place grieved.

*To make Gascoign-Powder.*

Take of white Amber, Seed, Pearls, Harts-horn, Eyes of Crabs and white Corral of each half an ounce ; of the black Thighs of Crabs, calcined before they are boiled, two ounces ; adding to every ounce before mentioned an ounce of Oriental Bezoar : bruise and serace them to a fine Powder, and it is excellent, two scruples of it drunk in a spoonfull of Wine, to expell evil vapours from the brain to comfort and corroborate the heart, and restore a decaying constitution ; and for the better keeping, you may make it into Lozenges with the Jelly of Harts-horn and Saffron.

## 80 *Physical and Chyrurgical Receipts, &c*

### *For the Dropſie.*

Take Setwell, *Calamus-aromaticus* and Galingale, of each an ounce; of Spikenard, half an ounce: bruise them, and hanging in a bag, let them be covered with two gallons of Ale, the which at four days end let the party drink morning and evening.

### *To make an Excellent Water for any Diſeaſe in the Eyes.*

Take half a pint of White-wine, and as much of white Rose-water; of the Water of Celendine, Rue, Eye-bright and Fennel, each two ounces; of Prepared *Tuttia* fix ounces of Cloves as many; of Sugar-Rofate a dram: mix them over a ſoft fire, and being clarified, waſh your Eyes therewith as you ſee occaſion.

### *To break the Wind.*

Take the Juyce of red Fennel and Anniseed in warm Ale.

### *To prevent ſpitting Blood.*

Take Rue, Smallage, Mint and Bettony; boil them in new Milk, and drink the liquid part as hot as you can.

### *To ſtay bleeding at the Noſe.*

Take the Juyce of Bettony, with a ſmall quantity of Sakt in it, and ſnuff it up your Noſe,

*Physick and Chyrurgical Receipts, &c.* 81  
& stop it in with the Herb, the Juyce of  
young Nettles; and Sugar is good upon the  
occasion.

*To kill a Fellon.*

Take the hard roasted yolk of an Egg,  
beating it with a roasted Onion, lay it to  
the place grieved.

*make an Excellent Salve for a Scald, Burn,  
Cut or any old Sore.*

Take a pint of Olive-oyl, half a pound of  
Bees-wax, red Lead three ounces, red Wine  
two ounces, and Deers-suet three ounces;  
boil them together in a glazed Earthen-vessel  
till they are of a darkish colour, and then  
make it up into a Salve for your use.

*To remove the Pain of the Tooth-ach.*

Take Henbane-seed, Hyssop-seed, and the  
powder of the root of black Helebores: bruise  
them together, and make them up into small  
pellets with a little Tar or Turpentine: If  
the Tooth be hollow, stop it in with Lint; if  
not, let it lye between your Cheek and  
Gum.

*For the Fever.*

Take two handfulls of Wood-sorrel, the  
ke of the Leaves of Barberries: boil them  
in Spring-water, sweeten it with Sugar, and  
give

give the party two scruples of Bezoar-powder in a quarter of a pint of it, and it wonderfully prevails against the distemper.

Many more things there are that remain fitting for a Gentlewoman to know ; but to be tedious, I shall refer them to your Servants in their several places and stations. And supposing you by this time to have received the fruits of a chaste and happy Marriage and blessed with a tender, yet smiling, Offspring, that it may flourish. Taking my leave Madam, of you, I shall proceed to give you Nurse and Nursery-Maid instructions and directions ; and so to the rest in order.

## C H A P. X.

*The wet Nurse her Duty and Office ; and how she ought to be qualified that undertakes so great a charge : With directions how she ought to regulate her self as to her Diet ; and by what means to keep her Milk in good temper, &c.*

**A**S for Directions to a dry Nurse, whose business it is to look after a Gentlewoman when she lyes in ; it will not be amiss to wave them, since few that undertake such a charge are ignorant what is necessary as to Usage and Diet : Nor is the Midwife in the case wanting to give Directions, if the Gentlewoman

*Of the Duty and Office of a wet Nurse.* 83

For a woman her self (as few are after the first coming in) were ignorant in that affair.

Therefore intending to say something of it, in treating of the Duty and Office of a Midwife, I willingly here omit it, and proceed to the Charge and Office of a wet Nurse, whose duty it is to bring up Children till a convenience offer to wean them: And first, I shall describe what manner of Person a good Nurse ought to be.

In this case, a good Nurse ought to be of a middle stature, plump of body, though not over corpulent; of a sanguine complexion, pleasant and cheerfull, clear skinn'd and well proportioned.

For her Conditions, they must be suitable: Her husband must be a stranger to her, and her delight naturally in Children; not drowsie nor self-conceited; her Age must be a Medium, between five and twenty and forty, being one that has been well Educated; and she must want for nothing; for if she be necessitated, the Child must pine; or if Sickness happen through accident or disorder, her Milk is injured thereby: Yet Temperance must be her greatest care, for fear by excess of heat or drink the Milk be corrupted or inflamed; and in all things her care of her charge must let her Prudence appear. Take a Woman whose Child was a Boy, to Nurse one of that kind, and on the other side the contrary

84 *The Duty and Office of a wet Nurse* the  
contrary, considering she ought not to be  
with child during the discharge of this  
Office, least she spoil both her Nursery  
that she goes with.

A Nurse in this case ought in her Diet  
to avoid salt Meats, Onions, Garlick, Leeks,  
Mustard, too much Salt, Vinegar or Pepper  
and such like things as create bad nutriment  
or inflame and heat the blood. Strong drink  
immoderately must be shunn'd, for that  
occasion a super-abounding of Choler in the  
Child, as Cheese and Fish, will Melancholy  
and Phlegm: nor ought she to sleep suddainly  
after Meals, but be active and in motion,  
create a natural digestion; a good Air ought  
to be chosen for the more kindly respiration  
for a gross Air is frequently the occasion of  
dull wit and much corpulency, and a pure  
thin Air of the contrary, the Air on many  
occasions being advantageous or disadvantageous  
to the faculties of Life, or passions of  
the Mind in their several operations, it becomes  
a kind of a food to the Intellectuals.

As for the Milk, divers things are to be  
considered, but the chief is wholesome and  
moderate Diet; and to correct defects, let  
her observe if her Milk be too hot, which  
often appears by the Childs frowardness; if  
let the Nurse take in her Posset-drink Salad  
Pottage, Endive, Succory, Lettice, Sorrel  
Plantane, or such like cooling Herbs: If



and it too cold, which will appear by the  
soulds over-drowfiness, let her do the like  
with Cinamon, Vervine, Bugloss, Mother,  
lime or Burrage.

To cause Milk where it is wanting, Take  
part of the Hoof of the fore-foot of a Cow  
alcined to Powder; a dram of which let  
the Nurse drink morning and evening in  
warm Cows Milk or Ale.

For want of the former, Take Lady-  
whistle; stamp it, and squeeze out the Juyce;  
which boiled in Milk, an ounce to a pint you  
may conveniently take, drinking it off warm.  
and thus being careful in seasonably order-  
ing the Child in dressing, undressing, and what  
in the like nature is convenient, no doubt it  
will thrive and come to perfection.

The best Colour of a Child, when new-  
born, is red, which soon turns to a Roley;  
for those that are white, if they live, will be  
subject to diseases. A little crying, if not too  
often, eases the brain of watery-matter, and  
enlarges the Lungs; but too much crying  
occasions Catarrhs and Ruptures. The first  
month it must only suck often, changing the  
breast, but not over-charging its stomach;  
after which a pap of white Bread and Milk  
seasonably given, between whiles, will streng-  
then it; and let there be an hour between  
sucking and feeding, using it in that manner  
till the Teeth come.

## 86 *Diseases in Children to Cure; &c.*

The Teeth coming forth by degrees, give it more solid food, not denying it Meat that is small cut, and may be easily chewed. Keep it well swathed, and beware it strait not too soon for fear of distorting the Leg. In such places as bathing of Children is convenient, omit it not; from the seventh month twice a week, till it is weaned.

At a twelvemonth old, if it be healthy wean it, not giving it suddainly strong food but by degrees; and the first seven years Diet ought to be such as, by it's nourishment causeth growth.

And from this I shall proceed to say somewhat of Diseases incident to Children, and prescribe Remedies which Nurses ought to use on sundry occasions.

### C H A P. XI.

*Of Distempers in Infants; and how to Remedy them: Together with Directions to the Nurse-Maid in the discharging her Duty and Office, &c.*

**C**Hildren in their tender age are subject to many distempers; wherefore a Nurse ought to be skilful in Medicines, such as are prevalent on sundry occasions, by reason

&c. *Diseases in Children to Cure, &c.* 87

Child may be lost before a Physitian can be  
d. Wherefore I shall give her Instructi-  
s what to do in the most dangerous cases.

*For the Epilepsis or Convulsion.*

Take Majesty of Cole, a scruple, of  
Male Piony-roots a scruple, and as much of  
leaf Gold; work them into a Powder, and  
ve it the Child in a spoonfull of Breast-Milk.

*For the Chafing of the Hips.*

Change the Clouts often, sprinkling on  
them Litherage of Silver, Seed and Leaves of  
Roses, Frankincense and burnt Allum made  
into a Powder, or anoint them with white  
Ointment and Diapompholigos.

*To remove the Stoppage of Urine.*

Take Saxifrax-roots six drams, Calcine  
them with an ounce of the Blood of a Hare:  
bruise them into a Powder, and give the  
Child from a scruple to half a dram in a  
spoonful of White-wine.

*For the Strutting of the Navel.*

Use a Plaister or Poultis of Cumming, Lu-  
pins and Bay-berries beaten into Powder, and  
wet with White-wine.

*For the Inflammation of the Navel.*

Take a quarter of a handful of Mallows,  
star

88 *Diseases in Children to Cure; &c*

stamp them with half an ounce of Bar meal, and with Fenugreek and Lupins, two ounces of each: make them into a Cataplasm with Oyl of Roses, and apply them to the place grieved.

*To destroy Worms.*

Take of Worm-seed two drams, and Coralline and Harts-horn prepared, each dram; Roots of Piony, Dittany, Majestick of Coral, each a scruple: make them into Powder, and give a scruple at a time in a Spoonful of Peach-flower water.

*For Vomiting.*

Take a quarter of an ounce of Honey of Roses, and the like quantity of Syrup of Mint, and give it the Child at four times.

*For the Hickets.*

Take Mastick an ounce, Dill and Frankincense, of each two drams; Cummin-seed a dram: make them small, and apply them with the Juyce of Mint upon a plaster or soot of Flax.

*For Hard breeding of Teeth.*

Rub the Gums with your finger dipped in Honey, or give the Child Candle made of Virgins Wax to nable on, and Foment the cheek with the Decoction of *Althæa*, Cammille-flowers, & the seed of Dill.

*For the Bladder in the Gums.*

Take Lintills husked, beat them into powder, and lay them upon the Gums, or take half an ounce of the flower of Mellium; make it into a Lineament and apply it.

*To prevent Squint-Eyes.*

Hang a Picture, and set a Candle on the contrary side; or use to cocker the Infant on that side, till the Eye-strings contract.

*For a Scald Head.*

Take the Scab off gently with a cleanser, moistning the skin with Hogs-grease upon Colewort-leaves; or rather take the Juyce of Furnitory, Dock, Coleworts and Elecampane, of each half an ounce, with Litherage, Oyl of Rue, Hogs-grease and Wax, make a mollifying Oyntment: then take Starch two ounces, Rosin half an ounce; boil them in water, and lay them upon the scald places Poultis-wise, suffering them to lye there several days: then suddainly pull them off, and use mollifying things to correct the distemper, &c.

*In case of a Fever.*

Give the Infant a quarter of an ounce of Syrup of Violets, and as much of that of Wood-forrel, for the Measles or Small Pox; Give them Saffron, and a small quantity of Manna in Milk, or a spoonfull of White-wine.

And thus much for the principal Distemper in Children.

As for the Nursery-Maids business, to whose care Children are frequently committed, when capable of running about, it is to love and cherish them, to see they have what is fitting in due season, to keep them within compass and government, to see they carry their legs and bodies strait and even, and that they disorder themselves by no untoward tricks and actions, but that they be cleanly and neat; and if she discovers any alteration in complection, constitution or habit of body tending to sickness or other discommodity, either to apply fit remedies her self, or inform those of it who delivered them to her charge without delay, least a Remedy come too late. She is to keep them within bounds, but not be churlish nor dogged to them, but rather to be merry and pleasant; contriving such Pastimes as may best suite with their age and constitutions; keeping their Apparel in good order, and not shewing too much love to one, nor disregard to the other: And by these means a Maid will gain Love and Applause from all parties.



C H A P. XII.

*The Compleat Chamber-Maids profitable Instruction as to her Behaviour in Managing of Affairs, making choice Spoon-meats, Pickling Sawces, Washing and Starching Tiffany, Lawn, Sarfenets, Silks, Point, &c. Scowring Gold and Silver Lace; taking Spots out of Silk, Woollen, Linnen, Stuffs, Perfuming, &c.*

**A** Chamber-Maid that would be preferred, gain or continue a good opinion, must, in the first place, be grave and respectful to those whom she serves, neat in her habit, loving to her fellow-servants, and affable to all declining wanton gestures that may render her suspected of Livity; that she keep all things in her Chamber in good order, and have them in readiness on all occasions to take off the care of the Mistress: skill likewise she must, or ought to be, in playing fine knacks, and be just in returning her accounts: If there be no Butler, she must have all things decently managed for the Accommodation of the guest in the Parlour and Dining-room; and, above all, have a regard to the Linnen, Plate, and other Furniture under her Command: And besides her skill in dressing and Attiring her Mistress, be skillfull making Spoon-meats, Pickling things use-

92 *The Compleat Chamber-Maid, &c.*

full for Sawces, or Garnishing, Washing and Starching Tiffanies, Lawns, black and white Sarfnet, Points, and other curious Lace : And likewise she ought to be skilfull at making such scowring Materials as will cleanse Silver or Gold Lace, Silver or Gold Plate, take Spots out of Linnen, Silks, Stuffs or Cloths. And because these are in a manner secrets, shall lay down Instructions for as many as are materially usefull : And first of Spoonsmeats.

*To make a French Barley-Possset after the newest fashion.*

Boil half a pound of *French Barley* in two quarts of new Milk ; and when the Milk is near boiled away, add three pints of sweet Cream, then boil it a quarter of an hour, and sweeten it with fine sugar : put in three or four blades of Mace and a piece of Cinamon. This done, take a pint of White-wine, and pour the liquid Cream into it, frothing it up.

*To make an Excellent Broth.*

Cut off the wings and legs of two Cock, wash and parboil them till the scum appears, take them out, and wash them in cold water then with a pint of Rhenish-wine, and two quarts of strong Broth, put them into a Pot ; add two ounces of China root, an ounce and a half of Harts-horn, with a small quantity

ty of Cloves, Nutmegs, Mace, Ginger, whole Pepper and Salt: stop the Pipkin close, and setting it in a pot of boiling-water, so that that water get not into it for the space of six hours; then pour out the Broth, and squeeze the Juyce of Lemons into it, and serve it up.

*To make Pottage of French Barley.*

Take a pound of Barley very clean, put it into three quarts of Milk whilst boiling; then add a quart of Cream, an ounce of Salt, six blades of Mace, and a piece of Cinamon: let them boil a little, and become thick: serve it up with white sugar scraped thereon.

*To make Pannado, after the best fashion.*

Take a quart of Spring-water, which being hot on the fire, put into it slices of fine Bread, as thin as may be; then add half a pound of Currans, a quarter of an ounce of Mace: boil them well, and then season them with Rose-water and fine Sugar, and serve them up.

*To make an Excellent White-pot.*

Take two quarts of Cream, boil in it, in a short time, half an ounce of Mace, a piece of Cinamon, and half a Nutmeg; then cut a white peny loaf exceeding thin, then lay the slices at the bottom of a dish, and cover them

them with Marrow: add likewise a dozen yolks of Eggs to the Cream, well beaten in Rose-water, and sweeten it with a sufficient quantity of Sugar: then take out the Spices, beat up the Cream well, and fill a broad Bason in which the Bread, Raisins and Marrow was laid, and bake it: when it is enough, scrape white Sugar on it, and serve it up.

All strengthning Jellies are made by boiling such Flesh as are of a tender and glutinous substance, till it is in a manner dissolved in the Broth; and adding Wine, Sugar, Spice, Salt, or as you will have it seasoned, and serving it up with Sipits, or alone. More I might mention of this kind; but intending largely to treat of *Cookery*, I shall wave them, and proceed to the next, which is *Pickling Fruits and Flowers, &c.*

*To Pickle Cucumbers, so that they may wear a lasting Green,*

Take your Cucumbers, of a moderate size, wash them in Water and Salt, there letting them steep six hours; then boiling Wine-vinegar, Dill and Fennel-tops, Coriander-seeds, Cloves and Mace, with a little Bay-salt, and a pint of the Juyce of Mint: put them into it when warm, and stop them up for a month.

*To make French Beans a lasting Green.*

Boil them in Water, and a small quantity of

of Salt, till they are a little soft; then having sharp Vinegar, Pepper and Bay-leaves ready boiled, with some blades of Cinamon: put them into it, and stop them up as the former. Thus Broom-buds, Ash-keys, green Grapes, green Plumbs, Gooseberries, Currans, and the like, may be Pickled, though the latter must be only Scalded.

*To Pickle Barberries.*

Take the fairest Bunches, dip them into warm water, and then make a Pickle with a pint of sharp Vinegar to a gallon of Water that has been well boiled and scummed; and to each gallon add a quart of Bay or Spanish Salt; and putting in the Barberries, keep them down with a stone. So Quinces, Apples, green Walnuts and Olives are Pickled.

*To Pickle Mushrooms.*

Take a quart of Water, and a pint of Vinegar; put your Mushrooms, the smallest, boiling-hot into it: and when they have contracted a kind of softness, take them out, and put them to the sharpest Vinegar, with whole Pepper, long Ginger, Mace and Bay-leaves. And thus you may Pickle Clove-Gilliflowers, Prim-Roses, Roses, Cowslips, green Peaches, or the like.

As for Sampher, it is boyled in Salt and Water to a little tenderness, and then put up

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with a Pickle made of half Vinegar, and half water and salt, boiled up to a hight. And thus much for Pickles.

*To Wash Tiffanies.*

Take the finest Crown-soap; soap them on their Hems or Laces, and with a gentle hand pass them through three Lathers, forbearing to wring or wrince them, but keeping them from the Air; dry them over the flame of Brimstone: then to a pound of Starch, add a quarter of an ounce of Smalt, if you think convenient, but on necessity as much Allum as a Hazle-nut: boil it to a fineness, and charge it lightly on your Tiffanies, and dry them, being wet therewith, by a fire, still clapping them in your hands; and when they are very clear, shape them by the pattern you took before they were washed, and iron them with a smooth, though quick Iron, till they shine, and you will find little difference as to the gloss between them and new. Some there are, that instead of Starch, use Gum-water.

*To Wash Sarfner.*

If white, spread it upon a smooth clean board long-ways; soap it well, but let the Soap lye thin; then with a small hard Brush raise a gentle Lather, by brushing it the right way



W<sup>ash</sup> of the Silk; and turning it in order, do the other side in the same manner, then cleanse it with fair water, and make a new Lather hot, and renew it three times with turning; then cast the piece into hot water, where Gum has been dissolved, and a small quantity of Smalt infused; let it lye there covered a convenient time; then folding it smooth, dry it as well as you can by clapping it between your hands, then dry it over Brimstone; and spreading it on the Table, iron it with a hot Iron on the right side.

Black Sarfnets, in Washing, are managed the same way, only they are wrinced generally in small Beer, without any Gum, and ironed upon a Woollen-cloth.

*The Modish way to Wash and Starch Point-Laces.*

Put your Points into a Tent, and make a strong Lather with Castle or Cake-soap, then with a small soft Brush dipped therein, rub your Point well, continuing to wash it on both sides till it have passed four Lathers: wrince it then in fair water, and afterward pass it gently through blew water; then starch it over on the wrong side lightly with very thin Starch, and follow it with your brush; after that suffer it to dry, and with a round bodkin open the holes or parts that in washing were closed; as also the Gimp or Over-laying,

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ing, and not suffering it to be too black; gently iron it on the wrong side, and set it out to advantage.

Coloured Silks may be Washed as white Sarsnet, avoiding the blew water, or drying over Brimstone.

*To take a Spot or Stain out of Silks, Worsted or Woollen.*

Take two ounces of Castle-soap, half an ounce of Bone calcined, half an ounce of Camphire: make them up into little balls with the Water of Betony, and Lather the place with a small quantity of warm Vinegar, and it will effect your desire. Cake-soap, Lemon-juyce, and Roach-allum, will do the like.

*To take Pitch, Rosin, Tarr, or soft Wax, out of Stuffs or Woollen.*

Take Oyl of Turpentine, and suffer it to soak in a while; then rub the Cloth or Stuff together, and it will crumble out.

*To take the Stain of Fruit, Ink, or the like, out of Linnen.*

Take Castle-soap, boil it to a Jelly in Milk; lay it upon the Spot a night, then pour upon it the Juyce of a Lemon: and in doing so, after a Washing or two, the Spot will disappear.

*To cleanse Silver or Gold Lace.*

Take it off, and dipping a Brush continually in burnt Allum : rub it gently over, and the Colour will be restored.

*An Excellent way to Perfume Gloves, is this.*

Take of Storax and Calamint, each an ounce ; of Benjamine two ounces, the first and the last being to be beaten by themselves ; add to them an ounce of the weaker Cinamon-water, and four ounces of the Oyl of sweet Almonds : mingle them with a Muller on a stone ; and having first wetted your Gloves with Hysof-water, gently anoint them with the Perfume, and it will smell beyond expectation.

*To cleanse all sorts of Plate.*

Lay it in Soap-lees a night, then with Salt and Vinegar rub out the Spots, after daub it over with Chalk and Vinegar : dry it by the fire, and with a warm Woollen-cloth rub it off, and it will look as bright as new. Thus have I unravell'd, or at least exposed to some such secrets as are not common ; From whence I shall proceed to give the Virtuous Cook-Maid Instructions.

## C H A P. XIII.

*The Experienced Cook-Maid and Cook, or Directions for the newest and most Excellent way of dressing Flesh, Fish and Fowl of all sorts, and in divers manners; As also making Pyes, Tarts, Custards: Likewise what relates to the under Cook-Maid and Scullery-Maid; with other variety.*

Since the Cook-Maid's charge and care is no less than the former, and her labour more, I shall give her what encouragement I can in rendering matters plain and easie: As for her skill, it must chiefly consist in dressing all sorts of Meat, as Flesh, Fish and Fowl, in preparing of bak'd Meats and Pastry, and to be expert in making Sawces, and garnishing proper to the several varieties that must consequently offer. And therefore these things I shall consider; she, in the first place, considering to have all her Kitchen-materials in good order.

*A Capon, or Chickens and white Broth, being frequently the first dish, dress it after this manner.*

Boil the Capon, &c. in water and salt, then take three pints of the strongest Broth, adding to it a quart of White-wine, and a quarter of  
a pound

pound of Dates : stew it in a Pipkin, and add half a pound of white Sugar, and a small quantity of large Mace ; the Marrow of three Marrow-bones, and of white Endive a handful : stew 'em leasurely, and strain the yolk of ten Eggs with part of the Broth before the Capons or Chickens are dished up, observing that the Eggs curdle not : the Fowls being dished up, garnish the dish with Dates, Mace, Endive, and Preserved Barberries.

*Red or-Fallow Deer, how to Roast.*

Take a Side, or half the Hanch, and par-boil it ; so doing, stuff it with all manner of sweet Herbs, mingled with minced Beef-suet ; lay the Caul over, and roast it in that manner : when it is enough, serve it up with Vinegar, Bread, Claret-wine, Ginger and Cloves boiled up with a few sprigs of Rosemary.

*Neats-Tongues roasted.*

Take a large Tongue, boiled tender, blanched and cold ; make a hole at the large end, and take out a great part of the Meat : mince it, and put it in again with sweet Herbs, hard yolks of Eggs, Pippins, Ginger, Beef-suet, all minced small, and stop up the hole with a Caul of Veal : Lard it, and being roasted, serve it up with Butter, Gravy, and Juyce of Oranges ; garnishing the dish with Barberries and slices of Lemon.

*Neats-*

*Neats-Tongue and Udder, how to boil.*

Let both of these be fair and young, indifferently seasoned: boil them in Water, a little seasoned with Salt and Pepper; and when you find they are sufficiently done, blanch the Tongue, slice it in half, lay it on each side the Udder: serve 'em up with carved Sipits, run over with Butter and Vinegar: garnish your dish with Parsley, Barberries, and Marigold-leaves.

*How to boil Land or Sea-Fowl.*

Take the larger sort, half roast 'em, put them after that into a Pipkin with Claret-wine, the Gravy, and as much strong Broth as will cover them; add Pepper, Cloves, Mace, Ginger, a slice or two of Onion, and a little Salt: all being well stewed together, serve them up with Sipits and green Garnish, as Violet or Marigold-leaves, &c.

The smaller sort of Wild-fowl, as Black-birds, Plovers, Quails, Rails, Thrushes, Snites, Larks; cut off the heads and legs, truss and boil them; scum your boyler, and add White-wine, Currans, Dates, Marrow, Pepper and Salt: being all well boyled or stewed, dish them on carved Sipits; sawce them with Rose-water, Sugar and beaten Almonds; garnish the dish with Almonds beaten small, Rose-water and Sugar.



*To roast a Hare.*

Observe when she is cased, not to cut off her hinder Legs nor Ears, but thrust one Leg through the Ham of the other ; and making a slit, do the like by the Ears, and so roast her as you do a Rabbit. The proper sawce is Marjorum, Thyme, Winter-savory, Beef-suet, hard yolks of Eggs, sweet Butter, Sugar, Nutmeg, Water and Vinegar ; minced and boil up to a sawce, serving your Hare up whole.

*To roast a Shoulder of Mutton the best way.*

Take Oysters parboiled, mince Winter-savory, the yolks of hard Eggs, grated Bread : mingle them together, all but the Oyster, being small ; and then making holes in convenient places, stuff them in as you see convenient, about five or six and twenty Oysters being sufficient, and the other Oysters, with the like Ingredients, put into half a pint of Claret ; add three or four slices of Onion, and a couple of Anchoveys ; to them put the Gravy, with the yolks of two beaten Eggs, and a sufficient quantity of Nutmeg and sweet Butter : garnish your dish with Lemon-peel and Barberries.

*To boil Pigeons with Rice.*

Observe to stuff their Bellies with sweet  
Herbs,

Herbs, then put them into your boiler with Mutton-broth; boil a small quantity of Rice in Cream, with a blade or two of Mace which being seasoned with Sugar, lay them in the dish with their Breasts upward, and lay it thick upon them; squeeze in the Juice of two Lemons; garnish the dish with Marigold-flowers, and serve it up.

*To roast an Udder.*

First let the Udder be boiled, and stuck full of Cloves: spit it when cold, and baste it with sweet Butter; being sufficiently browned; draw it back: make sawce of grated Bread, Butter, Vinegar and Cinamon; lay it in the dish with Sugar as a garnishment, and serve it up.

*To Stew a Carp.*

Take the largest well-trimmed Carp, gut it, wash it and lay it in a Pewter-dish; take half a pint of White-wine, with a piece of Butter, Mace, Parsley, Thyme and Winter-savory minced small; put them into the fishes belly, and let it stew a quarter of an hour: mince then the hard yolks of two Eggs; lay it with the Herbs about it, and sprinkling on Sugar, serve it up.

*To bake Steaks in the French fashion.*

With Pepper, Nutmeg and Salt, season your Steaks lightly; take the lean part of a Leg Mutton, mince it small, with some Beef-Net and sweet Herbs, as Thyme, Pengeroyal and Marjorum; take grated Bread, yolks of Eggs, Raisins of the Sun, of each a like quantity: work them into rolls, and put them in the Steaks in a deep round Pye: sprinkle them with Verjuice, and close them up, lincoring it with the Juyce of two or three oranges.

*To boil a Fore-Loin of Pork the best way.*

Season it indifferently, and boil it well, then have in readiness Sorrel stripped a considerable quantity: beat it, and put to it some crumbs of Bread and hard yolks of Eggs, with Mustard and Salt, and so serve it, the dish being garnished with green leaves.

*dress a Leg of Mutton to the best advantage.*

In salt and water boil it for the space of an hour, then cut it into thin slices, set it in a Dish over the fire, adding a little Salt, grated Nutmeg, Shalot, Thyme and Winter-savour; placing another dish upon it, and stewing it; adding a piece of Butter, serve it up, the dish garnished with Pickled Oysters and berries.

*To*

*To boil a Brisket, Surloin, Chine, Rump, Flank  
Fillet or Buttock of Beef, to the best advantage.*

After a week or ten days powdering, it  
left to your discretion, whether or not you  
will stuff them : which if you do, it must  
done with such sweet Herbs as are suitable  
mingling minced Suet and Nutmeg with  
and thrust them in at convenient places  
and being well boiled, serve them in on Bread  
with roots boiled in Milk.

*To Stew a Leg of Lamb the best way.*

Take the Meat, slice it and put it into your  
Stewing-pan ; season it well with Salt and  
Nutmeg ; add Butter, Raisins in the Sun,  
Currans and Gooseberries : it being well  
stewed, take the yolks of four Eggs, a quar-  
ter of a pint of Wine-vinegar, two ounces  
of Sugar : beat them well together over a  
gentle fire, place it in the sawce ; strew  
gar over it, and serve it up.

*To boil a Leg of Veal and Bacon the best way.*

Take and Lard the former with Bacon,  
a small quantity of Lemon-peel ; take a con-  
venient piece of Bacon and boil with it ;  
when your Bacon is boiled, cut it in pieces  
and season it with dried Sage and Pepper  
small beaten : lay the Bacon about the Veal  
and serve it with Sawcers of green sawce  
garnish

urnished with Marigold-flowers, Barberries  
and Parsley.

*A Rump of Beef to Stew the best way.*

Let your Beef be seasoned with Salt, Pepper and Nutmeg; lay the fat side downward in an Earthen-pan, then put in an equal portion of Water and Elder-vinegar, to the quantity of three quarts; add two Onions, and half a handfull of the tops of Rosemary; and stewing it three hours over a soft fire, take it up, and dish it with Sipits; garnishing with Lemon-peel, and sawcing with the Gravy, the fat being scummed off.

*To bake a Hare the best way.*

Take a large Hare minced, and well seasoned with beaten Mace, Salt and Pepper, making a proportion of the head and shoulders, and lay in a layer of Flesh, and Lard, and Butter above and beneath, and serve it with Gallentine sawce, in Sawcers.

*To roast a Rabbit with Oysters, the best way.*

Take a large fat Rabbit, wash it and dry it, then half a pint of Oysters after the same manner: put them into the Belly of the Rabbit with a couple of shread Onions, large Peppercorne, whole Pepper, and sprigs of Thyme; sew them up; and when the Rabbit is roasted, dress them with Butter, and the yolks of hard Eggs,

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Eggs, and dish the Rabbit up; garnishing the dish with red Beet-roots and Orange-peel.

*To Carbanado Hens or Pullets, the best way.*

Take half a dozen hard yolks of Eggs, half a pint of White-wine, and the Gravy mince the Eggs, and boil them up with Onion, or some Shalots; add grated Nutmeg with a Ladle or two full of drawn Butter dish your Fowl; pour the sawce on them garnishing your dish with Lemon-peel and Violet-leaves.

*To set off a dish of Marrow, &c.*

Take a pound of fine Paste, rowl it very thin, and the Marrow taken whole out of four bones; cleave it in quarters; season with Pepper, Salt and Dates, all minced; lay one piece in your Paste, framing it round codwise; and so use the rest: then fry them in Butter and Sugar, and serve them up, garnished with Borage-flowers.

*To stew a Pheasant, the best fashion or way.*

Take a large Pheasant, roast him till enough, then boil it gently in Mutton-broth adding whole Pepper, Mace, the slice or two of an Onion, Pruins, Currans and Vinegar sufficient to make it sharp; then colour the Broth with bruised Pruins, and serve up the Pheasant in it.



*To Carbinade Mutton, the best way.*

Broil a breast or shoulder of Mutton, scotching it with your knife; strow on them minced Thyme, grated Nutmeg, and a little salt, with Claret-wine, Capers, Gravy and a Bread Shalot, garnishing with a Lemon-peel.

*To roast a Pig.*

Take a fat one, cleanse his belly, put into it minced Sage, Currans, Mace, and grated Nutmeg: roast him indifferently by a soaking fire, then make up a brisk fire to crackle him, and serve him up with Currans, Bread, Sage, Butter and Nutmeg, made into a thin sawce, with Rose-water.

*To stew Venison, the best way.*

Take fat Venison, either raw or potted, slice it and put it into your stewing-pan, with Claret-wine, Rosemary-tops, Cloves, Sugar, Vinegar, and grated Bread: being well stewed, add grated Nutmeg, and serve it up, garnished with Luke-Olives.

*To make a Fricacy of Chickens, the best way.*

Take four or five Chickens about two months old, scald and flea them; put them in Water and White-wine; then take a large Onion, ten or twelve blades of Mace, and the quantity of a Nutmeg grated: tye them

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them up in a cloth, with a bundle of sweet Herbs and Salt; put them into an Earthen pan, and let them simmer a while; then take three or four Anchovies, five or six Eggs, half a pound of the best Butter dissolved in a pint of Mutton-broth; shread the Spice small, with a quarter of a pound of Capers mix them with the other sauce, and lay the Chickens upon it, serve them up with Spits, garnished with sliced Lemon. Thus you may dress and dish up Partridges or Pigeons with only the abatement of the Eggs.

### *To Stew a Fillet of Beef, the newest way.*

Take the tenderest, and remove the Skin and Sinews; steep it in White-wine, scattering on it a small quantity of Pepper and Salt, then covering it with Wine, add more Pepper; and keeping it close down with a weight, suffer it to steep two nights and a day: when taking it out, put it into an Earthen-pot with Beef-broth, cover it on a gentle fire; adding a few Cloves and Mace and standing over the fire till it is tender, it will be of an admirable taste: serve it up with the Broth.

### *The newest way to boil a Wild-Duck.*

The Duck being half roasted, take her off the Spit; put her into a Pan with a pint of Claret, and as much Mutton-broth; three Onions

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ions cut, and a bundle of sweet Herbs ;  
ee or four slices of Bacon, and some whole  
pper : cover the Pan with another ; and  
en it is stewed or boiled sufficiently,  
ve it up with the Broth.

*To bake a Pig the best way.*

Take a Pig, and dress him well as for roast-  
; mould him up in a coffin of Clay, but-  
ed a little within : put him into an Oven  
ht hours, so that the Clay being dried, the  
g will be very crisp ; then serve him up  
th sawce as for roasting.

*To boil a Pullet, Capon or Chicken, the best way.*

Truss them, and put them into Mutton-  
oth, with Mace, Spinage and Endive, Ma-  
old-flowers, Bugloss, Borage, Sorrel and  
riley : and when they are enough, garnish  
dish with Borage and Marigold-flowers,  
d serve them up in Sipits.

*To boil a Capon or Chicken with Sugar-pease.*

Take the Pease when young, and dry  
em in the cods, taking them from thence  
the quantity of two or three handfulls ;  
t them into an Earthen-vessel, with about  
f a pound of fresh Butter, and near half a  
t of fair Water ; add whole Pepper, Mace  
d Olive-oyl, of each a small quantity : and  
ar Capon and Chicken being well boiled,  
strain

strain the Pease and other Ingredients, serve them up as sawce with the yolks of two or three Eggs, and half a quartern of Sack.

*To hash a Capon or Pullet, the best way.*

Take either of them cold, after having been roasted; take out the brains, and mince them small with the flesh of the wings; then take off the legs and rump intire, then a strong Broth and Gravy, sliced Nutmeg, Onion and Salt, and stew the divided parts in a large Pipkin; and when they are well stewed, add some Oysters, Juyce of Orange and a yolk of an Egg, and serve them up in Sipits; garnished with Oranges sliced, and Flowers. And thus any Fowl of this or like kind may be hashed.

*To boil a Pullet or Capon with Asparaguses.*

Boil the Fowl in fair water; put bruised Mace, chopped Parsley and sweet Butter in its belly, tying up the vent: being boiled, take out the Parsley and Mace, garnish the dish with it; in which have Asparaguses ready boiled, place it in good order.

*To fry a Rabbit with sweet Sawce.*

Cut it in pieces orderly, and wash it well, then dry it in a coth, and fry it with sweet Butter: being half fryed, slice some of it very small; put it into a quarter of a pint of Cream.

Cream, the yolks of two Eggs, some grated Nutmeg and Salt: when the Rabbit is thoroughly fryed, pour them upon it, and keep 'em stirring, adding Verjuyce, fresh Butter and Sugar a like quantity, and serve them up with Sipits; garnishing the dish with any green thing.

*To Stew a Mallard.*

First let it be half roasted, then cut it into small pieces, putting it into a dish, with Gravy, fresh Butter, and a handfull of minced Parsley, with two or three Onions and a hard Lettice: let them stand an hour, then add Pepper, Salt and Lemon-juyce, and serve it up with Sipits, and a garnish of Lemon-peel.

*To fry a Neats-Tongue the best way.*

The Tongue being boiled and blanched, cut it, season it with Cinamon, grated Nutmeg and Sugar; then add yolks of Eggs and Lemons cut in small pieces, frying them in spoonfulls with sweet Butter; then heat it hot, pour on your Tongue the sawce and sugar, and serve it up.

*To boil a Haunch of Venison in the best manner.*

Stuff it with sweet Herbs, Parsley and Beef-suet minced small, as likewise with the yolk of hard Eggs; the stuffing materials being seasoned with Salt, Nutmeg and Ginger, and

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the Venifon being powdered, boil it in ftrong Broth, and in another pot two or three Colliflowers, adding to them a quart of new Milk; and they being taken up, boil in the fame liquor a handfull or two of Sorrel or Spinage; then part of the Broth being taken away, put in Vinegar, sweet Butter, grated Bread and Nutmeg; then lay the Spinage upon fipits round the difh, laying the Venifon in the middle, and Colliflowers in order garnifhing the difh with Parfley, Spinage and Marigold-flowers.

*To roast a Goose in the neweft fashion.*

Draw your Goose, and put her on a Spit laying her to a gentle fire, which you muft increafe by degrees: then take nine or ten fmall Apples, or Pippins for want of them; boil them in a pint of White-wine, fweeten them with Sugar, and then add a fmall quantity of Mustard when they are come to a pulp, and a fpoonfull of Rose-water: ftir them well, and put it in Sawcers apart; though for green Geefe the fawce is generally the Juyce of Sorrel, fcalded Gooseberries, Butter and Sugar.

*To boil a Pike the beft way.*

Wafh and gut it, bring the head and tail together in a circle, fcutching the back to make it pliable; boil it in Water, Salt and Vine



Vinegar, putting it in when the water boils ; it being enough, take it out, and serve it up with Ginger, grated Bread, Butter, White-wine, Oysters, Dates, and the Juyce of Lemons ; garnished with green Leaves or Flowers.

*To Stew a Pike the best way.*

Wash out the blood, flat it, and lay it in a Dish, cover it with White-wine ; add, when it boils, whole Cinamon, Mace, Salt and sweet Butter, and dish it up on spits.

*To boil a Salmon the best way.*

Cover it with Water, add Rosemary and Thyme-tops, Winter-savory and Salt : then add more a pint of Vinegar, and serve it up with Butter, the Juyce of Lemons and Anchoveys made into sawce.

*To roast an Eel the best way.*

Take one pretty large Eel, take out the entrails after it is skinned, then fill the belly with sweet Herbs and Butter, beaten together in a Mortar ; after that draw the skin over again, and fasten the Eel with strings to the spit, and moderately roast it ; then with the Herbs, Anchovey-sawce and Butter, together with the Gravy, serve it up.

*To roast a Lobster the best way.*

Take a large one, whilst alive, bind up the claws, and fasten it to the Spit before a gentle fire; baisting it first with Water and Salt, then with Butter and Claret-wine; and when it is enough, break the shell, take out the Meat, and serve it up with Anchovey-sawce and stewed Oysters.

*To roast a Pound of Butter.*

Lay your Butter in water till it be very stiff, then fix it upon a small Spit; lay it down before a gentle fire; and as soon as it begins to drop, dredg Bread on it, and so continue to do, adding a little beaten Cinamon and Sugar till the Bread has soaked up all the Butter: which done, make the out-side brown, and serve it up in the nature of a Quaking pudding, with Verjuyce, Butter, Rose-water and Sugar.

*To make Sauseages the best way.*

Take a Leg of Pork, divide the fat from the lean, and chop the latter small, with Majorum, Peny-royal, Thyme and Winter savory, adding Salt, Pepper, and a little Ginger together, with half the quantity of Meat, Beef-suet; and being very small, fill it with Sheeps-guts with a Whalebone-fescue, and dry them in a Chimney for your use.

*To dress a dish of Anchoveys the best way.*

Take the best *Leghorn* Fish, about a year old, not being rusty, wash them, and smooth off the white and scales; divide them equally into four quarters at length, lay one laying way in and out, and between them another trait, in the figure of a Star, making of the bones the figure of a Crown, and placing it in the center of the dish: garnish it with *Ln-*ois, Olives, Sampher, Pickled Barberries, Pickled Broom-buds, Mushrooms, Capers, and slices of Pickle Cucumbers, in what form you please; adding a sufficient quantity of Oyl and Vinegar.

*How to dress a dish of Carveer the best way.*

Take that which is not rusty nor over-rried, steep it in the best *Florence-Oyl* for the space of an hour; then take it out, and work it with a little Vinegar and Pepper into a form or figure as best fancies you, and then garnish it with Olives and Barberries, serving it up with Oyl.

*The best way to dress a dish of Pickle-Herrings.*

Take new Herrings, or the best you can get, take off the skins, and take out the bones, slice the Herrings, and mince them very small, then shread Pickle-Cucumbers, Shalots or Onions, Lemon-peel, Codlings, Pippins or

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Pome-waters: mix the whole matter with Capers, Barberries and Broom-buds: garnish the dish with Olives, French-beans and Mushrooms: make it into a figure, add Oyl, Vinegar and Pepper, and serve it up: or, if you please, you may garnish it with Pickled Oysters.

*To set out a dish of Pickles,*

Place in the midst your Cucumber, then your large Olives, then French-Beans at length, and small Olives between them, then Mushrooms and Capers, and on the edges of the dish Pickled Grapes, Pickled Gilli-flowers and Broom-buds, and so serve them up.

*How to Pot Fowl in order to their keeping by Sea or Land, &c.*

Roast Ducks, Mallards, Teals, Widgeons, Pigeons or Chickens: drain them from the Gravy, and put into the bellies of them a little Pepper and Salt, with a little bruised Mace and some Cloves; then take the fat that came from them, preis them a little flattish, and mixing the fat with sweet Herbs; when you have laid your Fowl in order in a glazed Earthen-pot, pour the melted Butter, &c. hot on them till they are covered; on that strew some Pepper and slices of Nutmeg; then cover it with Bay-leaves, and close it up with Leather: and being fast tied down, rub a little

little Butter on the Leather to keep it moist,  
and the Fowl will keep a twelvemonth.

*To dress Kid with the colour and taste of Venison.*

Take a Haunch well fleshed, and indistinct fat, pluck away the skin and superfluous fat; open it from the bone, and thrust in some Peter-salt, then lay it two hours in water that has been newly heated; after that dry it, and put it on your Spit, or bake it in a Pasty, and it will have the colour and flavour of Venison.

*An Excellent way of Hashing any sort of Meat.*

Take your Meat, slice it thin, sprinkle it with a little Salt, Pepper, and threaded sweet Herbs, put it into your Pan with a piece of fresh Butter and the Juyce of a Lemon; add a few bruised Cloves, Oysters, and an Anchovy: garnish your dish with Parsley and slices of Lemon, and serve it up.

*How to roast a Salmon the best way.*

Take a Jole or Rand, and divide it into four pieces; season it with Salt and grated Nutmeg: stick on it a few Cloves, and fasten it on a small Spit, putting between it a few Bay-leaves; stick in the out-side little sprigs of Rosemary; baste it with Butter; save the dripping; sawce it with Butter, Verjuyce, and Juyce of Oranges; garnishing it with some slices.

*To fry Salmon the best way.*

Take a Chine, Jole or Rand, fry it in the best Butter; and finding it crisp, let your sawce be made of Claret-wine, sweet Butter, grated Nutmeg, Orange-juyce, and the liquor of Pickled-Oysters: heat them together, and pour them on the Fish: and for a garnish, lay Parsley and Sage-leaves fried in Butter.

*How to recover tainted Venison, and make Mutton, Beef or Lamb, pass for Venison.*

As for the first, wrap it up in a clean cloth a little dampish, dig a hole in the Earth, put it in, and let it lye twenty-four hours, and the scent will be gone, the Earth drawing it away.

As for the latter, Take your Mutton, &c. and dip it in Pig's blood, or any wholesome warm blood; then parboil it in small Beer and Vinegar, and let it stand all night; then put to it some Turnsole, and bake it, and it will look and eat like Venison.

*To roast a Carp the best way.*

Draw and wash him alive, taking out his Intrails, and with Lemon-juyce, Carraways, grated Bread and Nutmeg, Currans, Cream, Almond-paste and Salt, make a Pudding, and put it into its belly, insomuch that it



## *The Experienced Cook-Maid, &c.* 121

it may fill it full, the Pudding being put through the Gills, and fasten them: and when it is roasted, make sawce with what drops from it; adding the Juyce of Oranges, Cinnamon, Sugar and Butter, and dish it up.

### *To Stew a Carp the French way.*

Take him alive, and bleed him; then take out all his Intrails, and scrape the Scales from off the back; then take a quart of Claret, Mace, Ginger, Cloves, Nutmegs, sweet Herbs, a large Onion and Salt: let them boil in the Stew-pan, then put in the Carp, with half a pound of sweet Butter; it being enough, lay it in a dish, and make a sawce of grated Bread, Lemon-juyce, beaten Butter, and what remains of the liquid part in the Stew-pan, and garnish it with green Spinage and stewed Oysters.

### *To Stew Oysters after the best manner.*

Take the largest, parboil them in the water that comes from them, and afterward wash them in warm water; put them into a Pipkin, adding Onion, Mace, Pepper, Nutmeg, and a pint of Wine, with as much Vinegar, if you have two quarts of Oysters; add likewise a pound of sweet Butter, and a spoonfull of Salt; then dish them up with Sippets, having stewed them, and garnish with Barberries and Lemon-peel.

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### *To Stew Flounders.*

Take the largest, draw and wash them, giving them a scotch or two on the belly; put to them, being in your stewing-pan, small Oysters, Pepper, Ginger, an Onion, sweet Herbs, Salt, suffering them to stew as soon as may be, then dish them up with sipits: And for sawce, take beaten yolks of Eggs, Lemon-juyce, Butter, and a little Ginger; garnishing with Lemon-peel.

### *To roast an Eel the Dutch way.*

Strip her, put into her Belly grated Bread, sweet Herbs and Butter; then draw the skin over her again, and fasten her to the Spit; baisting her with salt and water: being enough, take off the skin by ripping it up, and serve her up with the Herbs made into a sawce, with Butter and Juycce of Lemons, and a little Claret-wine.

### *To Stew Breems.*

Draw, dry them, and let them be well salted; lay them on a Grid-iron over a Charcole fire; suffer them to be brown on both sides; then put half a pint of Claret into a Pewter-dish, set it over the fire to boil, add three Anchoveys, two sliced Onions, a pint of Oysters, and a little Thyme: when it has boiled, put to it a little melted Butter and

Nut-

Nutmeg; then dish up the Fish, and pour the Sawce on it, with yolks of hard Eggs minced.

*To boil a Mullet the best way.*

Save the Liver and Roe, and scald him; then put the water on boiling-hot, adding half a pint of Claret, and a bunch of sweet Herbs, Salt, Vinegar, and two Onions, with a sliced Lemon: take a Nutmeg, quarter it, with Mace and Butter, drawn with Claret, dissolving in it two or three Anchoveys: season the sawce with salt; dish up your Fish; and serve it up with a garnish of stewed Oysters and Bay leaves.

At one and the same charge, as to the Sawces, you may dress a dozen of either of the last mentioned Fish.

*How to dress a Cods-head the best way.*

The Head being cut fair, boil it in water and salt, adding a pint of Vinegar, that the Head may be a little more than covered; putting into the mouth of it a quart of Oysters, a bundle of sweet Herbs and an Onion, binding the Jaws with a thread: when it is well boiled, set it a drying over a chafin dish; then take Oyster-liquor, a sliced Onion, and two or three Anchoveys; adding a quarter of a pint of White-wine, and a pound of sweet Butter: pour them on the Head, and stick the Oysters where they

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they will enter: scatter over it grated Bread and Nutmeg; garnish the dish with sliced Lemon, or any green thing.

And thus have I given you Instruction as to the Dressing, &c. Flesh, Fish, and Fowl: And now proceed to the remaining necessary part of Cookery, which is *Pastry*.

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C H A P. XIV.

*The Cook-Maids Directions in making Pyes, and managing Pastry to the best and Modish manner and advantage.*

**A**S *Pastry* is the most curious part of Cookery, so it is to be considered even beyond what I have mentioned in other matters, and chiefly in these Observations.

1. Observe your Flower be fine, and free from Bran, or any defect; and having laid it on a smooth Table, or in a Kneading-Trough,

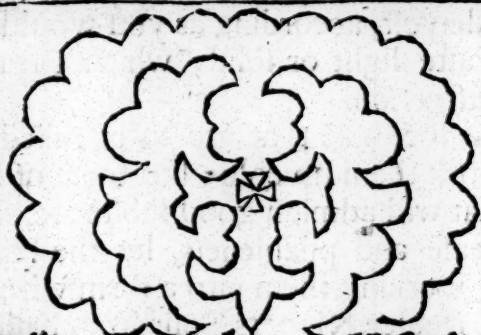
2. Heat your Liquor, suffering it to simmer, scumming off what arises; and if it be for Tarts, Custards, or the like, let it be fair water, with a small Ingredient of Rose-water and Malaga-wine, so that it taste of either: But for larger Pyes, made with Meat or the like, add Butter a pound to two quarts of liquor, and

and to either of them, in moulding Eggs or New-Ale-yeſt, according as you would have your Paſte light or ſolid; which I leave to your diſcretion.

3. As for thoſe that are to be raiſed very thin, work them up cold; but thoſe of largeneſs, that will admit a good ſubſtance, for the more eaſe and pliability, let the Paſte be warm, working them into a form with your Hands, Roaler, Nippers, Spur-iron, Knife and Plate: Mark the Garniſhing, or flouriſh on the lid or ſides, I leave likewiſe to your diſcretion. But that you may the better underſtand the form of the moſt curious thing of this nature, I have cauſed them to be inſerted in the following Pages, and ſo proceed to the filling them, &c.

*To make an Oyster-Pye.*

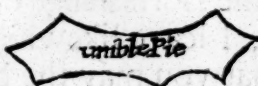
Let the Oyſters be parboiled in their own liquor; waſh and dry them; ſeaſon them with Nutmeg, Pepper, Salt, and the hard yolks of Eggs; and the Pye being made Oval, put into it Currans and ſliced Dates, and on them lay the Oyſters; add large Mace, Barberries, ſliced Lemon and Butter; and when it is baked, put into it White-wine, Sugar and Butter.



Double

Bonkerd

Custard



umblePie



SurgemPie



Custard



CarpPie



Custard



Pie  
orangeade



OysterPie



GeesheryTart



Custard



Lumber.

pye



Chicken pye



Minced pye

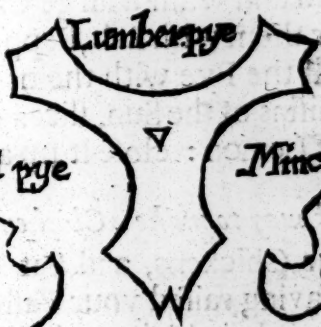


Tongue

Pie.



Lumber pye



Minced pye



Minced pye



Custard



Preserved Tare



Custard



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### *To make a Veal-Pye the best way.*

Raise your Paste well, cut a Leg of Veal in slices, season it with Salt, Pepper, and Nutmeg, adding some large Mace, laying the Meat with Raisins of the Sun and Currans in the Pye, and fill it with Butter; and when baked, serve it up hot.

### *The best way to make a Carp-Pye.*

Draw, scald and wash a large Carp or two, season him or them with Salt, Pepper and Nutmeg, then fill the Pye with them, good store of Butter, Raisins of the Sun, slices of Orange, and Juyce of Lemon: close it up and bake it.

### *The best way to make a Chicken-Pye.*

Truss your Chickens, and flat the Breast-bones; and having raised your Paste, lay them in order, filling their bodies with Butter, laying above and beneath Raisins, Currans, Prunes, Cinamon, Sugar, Mace and Salt, with a convenient quantity of Butter; and when it is baked, pour in Rose-water, White-wine, beaten Cinamon, Sugar and Verjuyce: with the which serve it up, &c.

### *To make a Warden-Pye the best way.*

First bake your Wardens gently in a little Water and Claret, adding a pound of Sugar, covering your Pot or Pan with a lid of dough; and

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and when they are cold, lay them into your  
pye. with Cloves, Cinamon, Sugar, and a  
part of the liquor, and bake it gently.

*make a Pye with Sweet-breads and Lamb-  
stones.*

Slit your Lamb-stones, skin and wash them,  
take the Liver of a Lamb, shread it small,  
and slice an Udder-part of a Leg of Veal;  
which being seasoned with Mace, Cloves, Salt  
and Nutmeg made small, as also Pepper;  
bread into it three or four Pippins, and the  
like quantity of the peels of candied Lemons  
and Oranges, five or six Dates cut in the mid-  
dle and stoned, with Currans, Carraway-  
seeds, white Sugar, and half a pint of Rose-  
water and Verjuice; add more a couple of  
eggs: make it into balls, and with the Juyce  
of Sorrel green it, laying a Sweet-bread and  
Lamb-stone till it is near full, covering them  
with Citron-peel, Dates and slices of Lemon;  
and being baked enough, pour in Butter,  
White-wine, Sugar, and the beaten yolks of  
eggs, scraping Sugar on the lid to set it off.

*To bake a Turkey the best way.*

When your Turkey is parboiled, Lard  
him, season him with Pepper, Salt, Cloves  
and Mace: flat the Breast, and put him into  
your Coffin or Pye, and fill it with Butter,  
when it is baked and cold, and so serve it up.

*To*

*To make an Artichoak-Pye the best way.*

Take the bottoms of half a dozen Artichoaks, boil them tender, season them with Ginger, Mace, Salt and Sugar: lay Marrow at the bottom of your Pye, and them upon it; cover them with Marrow, sliced Dates and Raisins of the Sun: and being half baked, put in a quarter of a pint of Canary, where Orange-peel has been boiled, then bake it well.

*To make a Marrow-Pudding the best way.*

Blanch a pound of Almonds, beat them small with Rose-water; take a pound of Sugar, grate a penny white Loaf and a Nutmeg; add a pint of Cream, the Marrow of two or three bones, and a grain or two of Amber-grease: mingle them with a little salt; fill the skin you intend it shall be in, and boil it moderately.

*The best way to make a Custard.*

Take and boil a quart of Cream without whole Spice; beat the yolks of ten Eggs and five Whites, with a little Cream: put them into the Cream when cold, then put it into a Paste; strew Comfits on it, and bake it.

*To make an Umble-Pye the best way as has been Approved.*

Take Beef-suet, mince it and lay it in your

Coffin

*Directions for the Pastry Cook.* 131

offin, or, if you please, slices of Larded Bacon; then take your Umbles, and cut them into small pieces as big as Hazle-nuts, and with your Bacon about the same bigness; then make grated Nutmeg, Pepper and Salt; strew them on the top, then lay a laying of Bacon, and on that another of Butter, and so close it up: and being baked, liquor it with stripped Rhenish, Claret and Butter well beaten together.

*A Venison-Pasty, the best way to make.*

Having well powdered your Haunch or side, and cleared it from sinews, bones and skin; season it with Pepper and Salt, and beat it with your Roaler, making it proportionable for a Pasty; then make your Paste with Rye Flower, allowing to a peck three pound of Butter and twelve Eggs: work it with cold water to a convenient stiffness, suffering it to be as thick as your thumb; then take it upon your Roaler, and open it again upon a couple of sheets, or so much as will serve of paper: and having your White minced, and beaten with water, lay it proportionably upon the Pasty to the breadth and length of the Venison: then in the White lay the Venison, and wash it round with a feather; put on the border, season the top of the Venison, and turn over the other leaf, and so close your Pasty: then drive out another border for garnish.

## 2 *Directions for the Pastery-Cook.*

garnishing the Pasty from the sides to the top; the device of which is left to your discretion: then vent it at the top, set it into a well-heated Oven, and suffer it to soak as long as you thought, viz. four or five hours; then draw it out, and pour Butter well melted in at the top.

### *To make an Excellent Minced-Pye.*

Take Neats-Tongues, parboil them till they may be peel'd; then mince them with a like quantity of Beef-suet, stoned Raisins and picked Currans: make them in a manner like a pap, then mingle a little fine Sugar, with a glass or two of old Mallaga; then add slices of candied Citron-peel, and put the whole being well mingled, into a coffin, the form of which is left to your discretion, and strew on it a few Caraway-comfits, and so bake it moderately.

### *To make an Eel-Pye the best way.*

Take the best silver Eels, indifferent large, strip, gut and wash them: cut them to pieces at about a fingers length; shread a handfull of sweet Herbs, with some Parsley and an Onion; season them with Pepper, Salt, beaten Cloves, Mace and grated Nutmeg; when the coffin or crust being reared and fashioned to your mind, put them in, and strew over them some Currans, and a few slices of Lemon over that; put a laying of Butter, and



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Close your coffin with the lid ; and when the  
ye is baked, put in Butter melted with a  
ttle Vinegar, and beaten up with the White  
of an Egg.

*The best way to make a Gooseberry-Tart.*

Take your Gooseberries before they are  
ripe, being well picked, scald them till they  
will break in a Spoon ; then strain out the  
ulp, and beat it up with half a dozen Eggs,  
and stir them well together on a chafing-dish  
of coles ; adding Rose-water, and sweetning  
them with Sugar ; and when it is cold, you  
may put it into your coffin, and moderately  
bake it, or serve it up in Plates without ba-  
king.

*To make a Pippin or Codling-Tart, or of any  
such like Fruit.*

Take your Pippins, gather'd before they  
are over ripe, pare them, and take the core  
clear off ; strew some Sugar and Rose-water  
on them ; and each Pippin being cut in four  
quarters, lay them in order between every  
layer ; place thin slices of Quince, then add  
syrup of Quinces, or of the same fruit ; after  
that strow over the Sugar, mixed with a little  
Cinamon ; and closing all up in the coffin, bake  
them gently, that they may be well soaked.

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*To make a Paste of Marrow, &c.*

Take the Marrow of six bones, shred them with a considerable quantity of Apples well pared and cored; then add a sufficient quantity of Sugar, and put them into a Paste; and having fryed them in a Pan with sweet Butter, serve them up with Sugar and Cinamon.

*To make a Pye of Calves-feet, the best way.*

Having boiled your Calves-feet well, take out the bones and gristles, as many as are convenient; shread them as small as you can, and season them with Cloves and Mace; add to them a good quantity of Currans, Raisins and Dates, the latter well stoned, then with a sufficient quantity of sweet Butter, put them into your coffin, breaking on them some whole Cinamon and sliced Nutmeg; then scatter over them some Salt, and close them up, leaving a vent to pour in when the Pye is baked, a quantity of Verjuyce, beaten Cinamon and fresh Butter well beaten together.

*To make the best Cakes.*

Take a sufficient quantity of fine Flower a quarter the weight of it in picked and washed Currans, a pound of Carraway-comfits, half a pound of Marmalade of Oranges, the yolks

Yolks of a dozen Eggs, half a pint of Malmsey or Mallaga, a quarter of a pint of Rose-water: Mould them together with a little New-Ale-yeast, and as much Milk as will make them up into Cakes; then Ice them over with Sugar, or wash them over with Canary, well beat, with the yolk of an Egg, and bake them in a gentle Oven.

*To make the best Cheese-cakes.*

Take new Milk, and put as much Runnet in it as will well bring it to a Curd; then strain out the Whey in a cloth, between twoatts: which done, beat up the Curd with the yolk of Eggs, White-wine, Rose-water and Sugar; after that, add as many Currans as you see convenient: then having made your Puff-paste of fine Flower, Eggs, Milk, and New-Ale-yeast, put it into a fashion; and being well knit at the corners, and rowled with a Pastry-spur, put in the Curd, and wash over with the yolk of an Egg, using a feather for that purpose.

## C H A P. XV.

*How to make several Sawces for Roast or Boiled  
on all occasions.*

**A**N D now since many have been desirous to have an account of Sawces in General, I think it not amiss to place it as an Appendix to *Cookery*; and further, to give the Reader an account of the seasonable Bills of Fare, much observed by the Curious for every Month in the Year: But of these in their order.

The general Sawce for green Geese and Gooseberries scalded, and coloured again with the Juyce of Sorrel strewed over with Butter and Sugar, and served up on Sippets; and for most Land-fowl, the pulp of stewed Prunes, the Gravy, Cinamon, Ginger and Sugar boiled up to a thickness, and served up in Sawcers.

For roasted Mutton, the general Sawces are Capers, Sampher, the Gravy, a sliced Shalot, and a little Pepper stewed together: Claret-wine, Ginger, the Gravy and an Onion.

For boiled Mutton, Take Verjuyce, Butter, Currans, Sugar, and a little Cinamon mix them well over a fire, and serve them up with Sippets or White-broth, made of green

*How to make Sawces the best way.* 137

ted Eread, Currans, Rose-water and Sugar, with the yolks of two Eggs.

The general Sawce for roast Veal is Juyce of Orange, Butter, Veriuyce, grated Nutmeg and Claret-wine, or sweet Herbs chopped small, with the yolks of two or three Eggs boiled hard in Vinegar, Butter, and grated Bread, Currans, beaten Cinamon and whole Cloves; for boil'd Veal, Green-sawce.

For red Deer, sweet Herbs chopped small, the Gravy, with the Juyce of an Orange or Lemon, and grated Bread or Vinegar, Claret-wine, Ginger, Cinamon and Sugar, boiled up with a sprig of Rosemary, some whole Cloves and grated Bread; and if you stuff or farce your Venison, let it be with whole Cloves, sweet Herbs and Beef-suet, the two latter cut very small.

For roast Pork, Apples quartered, boiled in fair water, and the pulp mixed with Butter, Sugar, and a little Veriuyce; or Sugar, Mustard, Pepper, and the Gravy: For boiled Pork, chopped Sage, boiled Onions, Pepper, Mustard, and grated Bread, or Mustard, Vinegar and Pepper.

For Rabits, Sage, Parsley, Butter, Vinegar, and the Gravy; or beaten Butter, Vinegar and Pepper: For a boiled Rabbit, Onions, sweet Herbs, Pepper, grated Bread and Sugar, served on Sipits.

For Hens roasted, the Gravy, Claret

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Pepper, and an Onion, boiled with the Head Neck, or Gizard : or beaten Butter, the Juyce of a Lemon, Pepper, and the yolks of hard Eggs : For a Hen boiled, white Broth and Sipits, with Lemon-peel and the yolk of an Egg minced small.

For roast Chickens, Butter, Verjuyce, the Gravy or Butter, Vinegar, boiled up with Sugar, and the substance of an Anchovey, served up on thin slices of Bread : For boiled Chickens, strong Mutton-broth, grated Bread, chopped Parsley, and the Juyce of a Lemon, with a good piece of Butter, well mixed, and served up on Sipits in order.

For roasted Pigeons, Verjuyce, Butter, and boiled Parsley shread into it, and beaten thick : or Claret-wine, stewed Onion, Gravy and Pepper, seasoned a little with Salt : For boiled Pigeons, strong Mutton-broth, the Juyce of Sorrel, the yolks of Eggs beaten raw, and a sprig of Rosemary : or Sprouts and Bacon.

For a Peacock, Turkey, Partridge, Pheasant, or the like roasted, Boiled Shalots, Pepper, Salt, grated Bread and Gravy : or Onion, grated Nutmeg, Manchet, the yolk of Eggs, Salt, and the Juyce of Oranges, boiled up to the thickness of Water-grewel : or beat the kernels of small Nuts, with grated Bread, Nutmeg, Saffron, Cloves, the Juyce of Oranges and strong Broth : boil them up to a thickness.



*How to make Sawces the best way.* 139

For a stubble Goole, slice Pome-waters, boil them soft; Mash them in White-wine; and add to the pulp Butter, Sugar, Verjuyce, and the Gravy.

For a Mallard or Duck roasted, Take Oyster-liquor, the Gravy of the Fowl, divided Onions, Nutmeg, and an Anchovey: stew them together, and serve it up in the liquid part: or Vinegar, Cloves and Sugar, a blade of Mace and a Shalot: If boiled, take slices of Carrot, shread Parsley and Winter-savory, Mace, Verjuyce and grated Bread.

For any kind of Sea-fowl roasted, Take grated Bread, Cinamon, Ginger and Sugar, Claret and Wine-Vinegar: boil them with Rosemary and Cloves to a convenient thickness; strain them and serve them up as a very good sawce: or Gravy, Claret-wine, an Onion and Pepper, with a small piece of Butter.

For roasted Salmon, Take Oyster-liquor, a slice of Nutmeg, the Gravy, and the Juyce of Oranges and Butter; beat them up to a thickness: or beaten Cloves, the Gravy, grated Nutmeg and grated Bread, beat up with Butter, the yolk of an Egg and Vinegar: For boiled Salmon, Butter, Vinegar, Nutmeg, and the Intrails of the Salmon.

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*To make an Excellent Green-Sawce, to serve on any occasion wherein it is requisite.*

Take large Sorrel, white Bread grated pared and cored Pippins, some sprigs of Mint, a quantity of Verjuyce sufficient to moisten it; and being stamped very small scrape Sugar on it, and mix it well together and so serve it up, with Pork, Veal, Chickens, Kid, Lamb, Gosling, or the like, the being boiled.

*For all sorts of small Birds roasted.*

Take the Gravy, Pepper, Butter, and their Livers and Gizzards, minced with Parsley, or the Gravy of a Capon, Ginger, and the yolk of an Egg beaten together, with a little Butter and Vinegar. And thus much may suffice for Sawces, so necessary to be known by all that pretend to *Cookery*.

C H A P. XVI.

*Directions to know what is in Season throughout the Twelve Months of the Year; and what ought to be served up as the first and second Courses, &c.*

*March.*

**N**Eats-Tongues and Udders. 2. Boiled Chickens. 3. A dish of stewed Oysters with Anchovey-sawce. 4. A dish of young Rabits. 5. A grand Sallad.

*Second Course.*

1. A dish of Soles or Smelts. 2. A dish of Marinate-Flounders. 3. A Pye of Lamb-ones. 4. Asparagras, if to be gotten. 5. A Varden-Pye.

*April.*

1. Green-Geese, or Veal and Bacon. 2. A roasted Haunch of Venison. 3. A Lumber-Pye. 4. Rabits. 5. Tarts.

*Second Course.*

1. Cold Lamb. 2. A cold Neats-Tongue Pye. 3. Salmon, Lobsters and Prawns. 4. A dish of Asparagras.

*May.*

1. Boiled Chickens. 2. Roast Veal. 3. Roast Capons. 4. Roast Rabits.

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*Second Course.*

1. Artichoke-Pye just out of the Oven.
2. Westphalia-ham. 3. Tarts. 4. Sturgeon, Salmon, Lobsters. 5. A dish of Asparagus. 6. A Tansey.

*June.*

1. Boiled Neats-Tongues, or a Leg of Mutton and Colli-flowers. 2. A Steak-Pye.
3. A Shoulder of Mutton. 4. A Fore-quarter of Lamb.

*Second Course.*

1. A Sweet-bread Pye. 2. A Capon roasted. 3. A Gooseberry-Tart. 4. Strawberries and Cream, or Strawberries, with Rose-water, White-wine and Sugar.

*July.*

1. A Westphalia-ham and Pigeons. 2. A Loin of Veal. 3. A Venison-Pasty. 4. A Capon.

*Second Course.*

1. Green-pease or French-beans. 2. A Codling-Tart. 3. Artichokes, or an Artichoke-Pye. 4. Roasted Chickens with Summer-sawce.

*August.*

1. A Calves-head and Bacon. 2. An Olio, or grand-boiled savory Meat. 3. A Haunch of Venison. 4. A fat Pig well roasted, with good sawce.

*Second Course.*

1. Marinate Smelts. 2. A Pigeon-Pye. 3. A dish

A dish of roasted Chickens. 4. A Pippin-Tart. 5. Codlins and Cream.

*September.*

1. Boiled Hens and white Broth. 2. Neats-Tongues and Udders roasted. 3. A Powdered Goose. 4. A roasted Turkey.

*Second Course.*

1. Potato-Pye. 2. Roasted Partridges. 3. A dish of Larks. 4. A dish of Cream and seasonable Fruit.

*October.*

1. A Fillet of Veal. 2. Two roasted Brand-geese. 3. A grand Sallad. 4. A roasted Capon.

*Second Course.*

1. Pheasants, Pigeons and Pouts. 2. A dish of Quails and small Birds. 3. A Warden-Pye. 4. Tarts and Custards.

*November.*

1. A shoulder of Mutton stuffed with Oysters. 2. A Loin of Veal. 3. A roasted Goose. 4. A Venison-Pasty.

*Second Course.*

1. A Larded Hern, and another not Larded. 2. A sowced Tarbet. 3. Two Pheasants, the one Larded, and the other not. 4. A Collar of Beef. 5. A sowced Mullet and Base. 6. Gellies, and Tarts of Fruits in season.

*December.*

1. Stewed Broth of Mutton and Marrow-bones.

44 *Directions to know what is in season*

bones. 2. Lambs-head and White-broth.  
3. A roasted Chine of Beef. 4. Minced Pyes.  
5. A Turkey stuck with Cloves, roasted.  
6. Two roasted Capons, the one Larded,  
the other not.

*Second Course.*

1. A young Kid or Lamb roasted whole.  
2. A dish of Partridges. 3. Polonian Sausages,  
and a dish of Anchoveys, garnished with Mushrooms.  
4. A dish of Caveer and Pickled Oysters.  
5. A Quince-Pye. 6. A dish of Woodcocks.

*January.*

1. A Collar of Brawn and Mustard. 2. A couple of Pullets boiled with White-broth.  
3. A roasted Turkey. 4. A hashed shoulder of Mutton.  
5. Two Geese. 6. A Surloin of Beef. 7. Minced Pyes.  
8. A Loin of Veal. 9. A Venison Pasty. 10. A Marrow Pye.  
11. A couple of Capons roasted. 12. A Lamb roasted.  
13. Woodcocks, Partridges and small Birds dished up with sawce.

*Second Course.*

1. A foused Pig. 2. A Warden Pye.  
3. A cold Neats-Tongue. 4. A foused Capon.  
5. A dish of Pickled Oysters and Mushrooms.  
6. A Jole of Sturgeon. 7. A Goose or Turkey-Pye.

*February.*

1. A Bacon-chine. 2. A Loin of Veal, or Beef roasted.  
3. A Lamb-pye or Minced-pye.



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pye. 4. A couple of Wild-Ducks roasted.  
5. A dish of fryed Oysters. 6. A couple  
of Rabbits roasted. 7. A Skirret-pye.

*Second Course.*

1. A roasted Lamb. 2. A dish of Pigeons.  
3. A Pippin-Tart. 4. A Jole of Sturgeon.  
5. A cold Turkey-pye.

And thus having in all its Material parts,  
or what is most requisite, given such Directi-  
ons to an Ingenious Cook-Maid, as may qua-  
lifie her, if duly observed, for the Service of  
Persons of Worth. I might say likewise  
something of the under Cook-Maid and  
Scullery-Maid ; but they being both depen-  
dants upon the former, and their business  
consisting in helping the Cook-Maid, the  
greatest matter beside is to keep themselves  
and the Kitchen-Materials neat and clean.  
And so I take my leave of them, and pro-  
ceed to the Dairy-Maid.

## C H A P. XVII.

*The Accomplish'd Dairy-Maid, or Directions to make all manner of Junkets and pleasant things wherein Milk, Cream, &c. is an Ingredient, the Modish and Experienced way; plain, easie, and exceeding necessary.*

**T**HE Dairy-Maids place and office, though not so universal, is little inferiour to that of the Cook-Maid, in making variety of Junkets: besides which, her chief business is to go neat and cleanly, and to keep all so under her Jurisdiction; observing the Kine are well fed; and that Butter and Cheese are made of proper Milks, and in their proper season: To make which, few that undertake that business being ignorant, I shall proceed to give Instructions for the making of Junkets, the most curious part of her office, and for which Persons of Quality peculiarly retain such Servants. But to proceed.

*To make fresh Cheese of Cream.*

Take a Pottle of new Milk warm from the Cow, Almonds blanch'd half a pound: beat them small; add a pint of Cream, a quarter of a pint of Rose-water, half a pound of Sugar, half an ounce of beaten Cinamon and Ginger; then add Runnet; bread it up and whey.

whely it; press it in a Mould, and serve it up in a dish of Cream.

*Cream and Codlings, how to order in the best manner.*

Scald your Codlings, take off the skins, and cut the core; mix the pulp with Sugar and Rose-water; add a quarter of a pint of Canary, and a quart of Cream, and serve it up.

*To make an Excellent Funket.*

Take Goats or Ews Milk, put them over a fire; and when they are a little warm, then add Runnet, and let it cool; then strow on it Cinamon and Sugar, over that cast Cream, and strew Sugar upon the Cream, with Rose-water.

*To make a Whip'd Syllabub.*

Take a pint of Cream, six spoonfulls of Sack, the Whites of two Eggs, two ounces of fine Sugar, and with Birch-twigs beat it till it froth well; scum it and put it into your Syllabub-pot.

*To make Cream of Codlings.*

Seald them and peel off the skin, scrape the pulp from the core, and strain the pulp, mixed with Sugar and Rose-water, through a course linnen cloth: lay your Codling-pulp in the middle of a dish, and raw Cream round it; adding more Sugar and Rose-water.

*To make a Cream-Tart.*

Take Manchet, chip it and grate it; mix it with good Cream and sweet Butter; take a dozen yolks of Eggs, beat them well with Cream, adding four ounces of sugar: boil them altogether till they come to a thickness; make two leaves of Paste as thin as can be raised, but very shallow: put the Materials before mentioned into it, and cover it with the lid; then bake it, strew sugar on it, and serve it up.

*To make Curran-Cream.*

Bruised red Currans in boiled Cream, strain them through a Sieve; add Sugar and Cinnamon, and so serve it up: And so you may by Rasberries or Strawberries.

*To make Cream of Eggs.*

Take a quart of Cream; and when it is hot, beat into it the Whites of five Eggs, and let it boil, adding two spoonfulls of Rose-water: being enough, let it cool, and add a little salt, and scrape on it fine sugar.

*To make Curd-Cakes.*

Take a pint of Curds, four Eggs, leaving two of the Whites; add sugar and grated Nutmeg, with a little Flower: mix them well, and drop them like Bitters into a Frying-pan, in which Butter is hot.

*To make fresh Cheese.*

Take a race of Cinamon, scald it in new Milk or Cream; and taking it off, sweeten it with sugar; then take a spoonfull of Runnet to two quarts of Milk; cover it close, and let it stand till the Cheese comes: strew then upon it Sugar and Cinamon, and serve it up with sipits dipped in Canary or White-wine.

*To make Gooseberry-Cream.*

Let your Gooseberries be boiled; or for want of green ones, your Preserved ones will do: and when your Cream is boiled up, put them in, adding small Cinamon, Mace and Nutmeg; then boil them in the Cream, and strain all through a cloth, and serve it up with Sugar and Rose-water.

*To make a Cream Fool.*

Heat two quarts of Cream; when it is boiled, add the yolks of twelve Eggs, having first beat it in the three or four spoonfulls of cold Cream, straining them into the hot; stir them to prevent burning: when having boiled a pretty while, take them off and let them cool, adding two or three spoonfulls of Sack; fasten sipits to the dish with syrup of Rasberries: sweeten your Cream, pour it in, and serve it up.

*To make Clouted Cream.*

Set new Milk on the fire twelve hours, without suffering it to boil; add Sugar and Cinamon, with a third part of Cream, and serve it up.

*To make a Gooseberry-Fool.*

Pick your Gooseberries not ripe, boil them in clean water to a pulp; take six yolks of Eggs, a quart of new Milk, Rose-water and Sugar; put the latter in when the former is well boiled, and suffering them to boil a while, serve the whole up in a large dish when it is cold.

*To make a Tansy.*

Take six Eggs, but the Whites only of three; beat them in Cream, then stamp green Wheat-blades, Violets, Spinage, Succory and Strawberry-leaves, of each a handfull, with a few Walnut-tree-buds; adding Cream as you beat them: strain out the Juyce, and add it to the Eggs, and more Cream; as also crumbs of Bread, Cinamon, Nutmeg, Salt and sweet Butter, the latter being put into the Frying-pan; adding, lastly, the Juyce of Tansy and Sugar: fry them like a Pan-cake, very thin, and serve it up with Rose-water and Sugar.



*To make Snow-Cream.*

Take the Glee of half a dozen Eggs and Rose-water, beat them with feathers till they become like Snow; lay it on heaps, and Cream that has been boiled and cooled, with scraped Loaf sugar: heat it again, and serve up as soon as it comes to be cold a second time, upon Rosemary or Bay-branches to thicken; that it may stick the better, add some grated Bread.

*To make a pleasant Syllabub.*

Take two quarts of Milk come newly from the Cow, half a pint of Verjuice being added, take off the curd, and put to it more a pint and a half of Cream: beat them together with Sack and Sugar, and put them in your Syllabub-pot for your use.

*To make a Cream, called Quince-Cream.*

Roast four or five ripe Quinces, and pare them; cut them from the core in thin slices; boil the slices in a pint of sweet Cream, with root of whole Ginger: when it is boiled to the pulp, strain it; and adding Sugar, serve it up cold.

*To make the best Fumballs.*

Take a handfull or two of Wheat-flower, and a pound of white Sugar; mix them well, adding

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adding the Whites of two Eggs, and a pound of blanch'd Almonds well beaten, with half a pound of sweet Butter, and a spoonfull of two of Rose-water: to these add more, half a pint of Cream; mould it till it become a Past; rowl it into what shape you please and dry it a while; then gently bake it: Of this quantity you may make twenty or more

*How to make an Angellet.*

Take a pint of Cream, and double the quantity of Milk, putting to them a small quantity of Runnet; and when it thickens take it up with a Spoon, and put it into a Pan there let it continue till it is very stiff, then salt it; and when it is so, let it dry, and at the end of three Months eat it.

*To make Sage-Cream.*

Take a quart of Cream, boil it well, then add a quarter of a pint of the Juyce of rose Sage, half as much Rose-water, and a quarter of a pound of Sugar, and it will be an excellent dish. And thus you may use it with any sweet Herbs, which will render it pleasant and healthfull.

*Messeline, or Mixture, of rare and curious Receipts, Things and Matters; Added as an Appendix to this Impression, for the better encouragement of the Buyer, not any of them being to be found amongst the Curiosities of the first Edition of this usefull Book.*

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*Most Approved Physical Receipts.*

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*An Excellent Balm for the Epilepsie, Vertigo, Palsie, Cramp, and Pain in the Back; and all cold Afflictions of the Nerves and Joynts.*

Take of the Red sort of Old Tile-stone, in small pieces; Calcine or burn them, and quench them in the purest Olive-oyl; after which beat them into fine Powder, and put that Powder, sprinkled with a little Muscadell, into a Cucurbite of Glass, Luting the Joynts well together; and it being in that manner set over a gentle fire, the Balm will rise: which being taken away, and used by anoint.

anointing the afflicted part, or snuffing up the Nostrils, will ease the Pains premised.

*A Receipt to make Orvetine, or the famous Antidote against Poyson, Infection, by being used amongst diseased persons, or suddenly coming in to infectious or noysome Air, and to prevent or eradicate any contagious Disease, disperse Colic and prevail against Agues and Feavers.*

Take of the Powder of Bezora-stone two drams, the Powder of dried Foxes Lung half an ounce, the Oyl of Cinamon a dram half an ounce of the Juyce of Herb-a-grace the Powder of Red Corral a dram, and two scruples of beaten Peel; add to these half an ounce of Elecampane-roots, and two drams of Storax bruised into Powder: put them in to half a pint of Red-wine, and let them simmer over a gentle fire till they are well incorporated, and then make them into an Electuary, keeping it as close as may be from the Air, and take, as occasion requires it, about the quantity of a Hazle-nut, and after it some warm Broth or warm Posset-drink; keeping your self close for an hour or two after, and it will effect wonders.

*An Excellent Wine, or Medicinable Drink, against the Pox, Plague, Measles, Small Pox, Spotted Fever, or any infectious disease.*

Take of the best Old Mallaga a quart, add

Take a pint of Rhenish-wine ; Then take of  
 Rue, Sage, Red Sage, Maiden-hair,  
 and the Leaves of Germand, each an ounce :  
 Bruise them and boil them gently in the Wine  
 till a third part be consumed, then add Pep-  
 per, Ginger and Nutmeg, of each three drams  
 well beaten, and of Venice-Treacle an ounce :  
 Lastly, put in a quarter of a pint of Saffron  
 and Angelica-waters, and Morning and Even-  
 ing take a spoonfull to your great advantage,  
 whereby you will be eased of the oppressi-  
 on that Nature labours under, and be enabled  
 to conquer the disease.

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## Rare Curiosities , not before made Publick.

*Mar-malade of Prunns, Raisins, Currans, &c.  
 how to make it of an Amber Colour, capable of  
 keeping a Year.*

Take your Fruit, and steep them in a  
 proportionable quantity of Water, till  
 being over a gentle fire they become soft  
 and pulpy ; then stone the Prunns or Raisins,  
 and put them into as much Canary as will  
 wet them ; after that press out the pulp, and  
 fill it up with some slices of Quinces ; then  
 strain

strain it again, and put to each pound half a pound of Sugar, and half a pound of refined brown Sugar-candy in powder; and so putting the pulp, well mixed with the addition, and sprinkled with Rose-water, into a glazed-pot: dry it a little in an Oven or Stove and keep it for your use.

*A Perfume wherewith to Perfume any Confections, &c.*

Take of Myrrh a scruple, Musk the like quantity, Oyl of Nutmeg the like: infuse them in Rose-water, and with it sprinkle your Banqueting preparatives, and the scent will be as pleasant as the taste.

*To make a Dish seem a pleasant Garden, or pleasant Hill of Fruits and Flowers.*

Take a dish that is somewhat large, cover it with it with another of the like bigness, and place the uppermost over with Paste of Almonds, in-lay'd with red, white, blew and green Marmalade or Quiddany, in the figure of Flowers and Banks; then take the Branches of candied Flowers, and fix them up right in order, and upon little Bushes erected and covered over with Paste, fix your preserved or candied Cherries, Plumbs, Pears, Apples, Goosecherries, Currans, and the like, each in his proper place: and for Leaves, you may use coloured Paste, Wax, Parchment or Horn

and



nd h this, especially in Winter, wi l appear not  
of c y gloriously strange, but even strike, if it be  
; a ll ordered, admiration in the beholders.

into *Approved way to keep Gooseberries, Cherries,  
Ston Currans, Cornelian-Berries, Plumbs, Apricocks,  
Grapes, and the like, all the Year, in their sub-  
stance, colour, and proper taste, in order to make  
fect Tarts, or the like, at any time of the year, as if  
it were at the proper season.*

e li Take Stone-bottles, glazed within and with-  
: su t ; boil them well in fair water, then dry  
you em in the Sun ; after which, having gather-  
w your Fruit somewhat before they are ripe,  
ke them free from Leaves, and with but in-  
fferent Stalks, and put them whole, with-  
ble at any bruising, into the Bottles : then take  
ir water, and boil it till no more scum will  
ove appear ; after that let it settle, and so draw  
an off, adding to each quart a quarter of a  
A pound of white Sugar-candy in Powder, and  
an boil it up again with a quarter of a pound  
ur Loaf-sugar till no more scum will appear ;  
an hen the liquid part being cool, fill up the  
up bottles ; after which stop them with sound  
tec Corks ; and having pieces of thin and pliable  
fer lead, clap them over the Corks, and wyre  
Ap down under the bearing or rising of the  
c Necks, and set them in a close Vault, and  
ay when you open them the Fruit will be fresh  
n and sound. Some there are that hold this  
no may

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may be done without any Liquor, but I hold the best and surest way to preserve them either from shriveling up for want of moisture, or becoming musty.

*To make Frayse appear like Rashers of Bacon*

Take of fine Flowre half a peck, mingle one half by it self with Water and Butter and to the other add Milk wherein Turnscot has been steeped, with a little of the Powder of Lake; and having cut them out into slices, fix a slice of the one to a slice of the other at your discretion; and when they are fryed gently, or rather baked, they will receive the most curious as to the sight of the

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Curiosities, rare and new, for the Beautifying and Adorning the Female Sex, with other matters of moment.

*To make a young Face exceeding Beautifull, and an old Face very Tollerable.*

TAKE of Benjamine two handfulls, Scabious the like quantity, the Roots of Comfry a handfull, Peny-royal and Rosemary

of each a handfull : wash and pick them  
an, then steep them a day and a night in  
white-wine, sprinkling them afterward with  
powder of Myrrh ; and so put them into a  
old Still, and the Water so drawn off will  
ceed any Wash in use , and not at all pre-  
dice the party when she leaves it off, as  
ose which are Chymically prepared do,  
rendering those old and withered even  
the prime of their youth, who accustom  
emselves thereto.

*A sweet Wash to cause the Body to cast a fra-  
grant scent when washed therewith.*

Take Hysop a handfull, Baum the like  
quantity, Garden-Musk and the Bloom of  
Peach-tree, of each half a handfull : in-  
se them, with the Powder, into Frankin-  
se, and a small quantity of the Oyl of  
Spikenard, in running-water, over a gentle  
e, and so with the liquid part wash or bathe  
the Body, and it will over and above create  
fresh and pleasant colour.

*An Excellent Oyntment to Beautifie the Hands  
and Face, and take away any Deformity : ne-  
ver before Published.*

Take of the Oyl of Myrrh half an ounce,  
two ounces of the Marrow of Hogs or Calves-  
t, an ounce of the Water of Tartar, and  
an ounce of the Oyl of Spikenard : mix  
them

them well over a gentle fire, and all their heat with two ounces of the Oyl sweet Almonds: and being cool, anoint Face or Hands therewith, and it will not only take away any Spots, Morpew, or the like, but create a lovely colour, and render a pleasing or tempting softness.

*Such Pow'r, you Beauties, I thought fit to give  
That killing others, you might let me live.*

*To make a Rough Skin smooth, and Wrinkles appear.*

Take of the Oyl of Swallows an ounce, the like quantity of that of the Mandrake; half an ounce of the Oyl of Pomgranet, and half a pint of Ewes Milk: incorporate them to a moderate thickness over a gentle fire, and then add a quarter of a pint of the Cream of Almonds, and with it supple and anoint the rough part; and in so often doing you will find it restored; as also the wrinkles and wither'dness to be fill'd up and plump'd.

Rare and new Experiments relating to *Lawndering*, &c. never before Published.

*To restore Linnen that is scorched by hanging, or being too near the fire, &c.*

TAKE half a pint of Vinegar, two ounces of Fulling-Earth, an ounce of Hen's Dung, half an ounce of Cake-soap, and the Juice of two Onions: boil them to a thickness, and spread the substance Plaister-wise upon the scorched place, and it will (if the scorching be not quite through, so that the threads are not dissolved) recover the scorch, and render it, after a Washing or two, as before.

*To make Cloaths that have been abused in Washing, Yellow or Mildewed by lying in damp places, white and fair.*

Take of the Oyl of Orpine two ounces, the Water of Plantane the like quantity, and of the Juice of Burdock-roots two ounces: scrape into them half a pound of Castle-soap, and a quarter of a pound of the best Fulling-Earth, with a like quantity of Chalk: infuse them in hot water, and let the Cloaths soak in

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it over a gentle fire; and so washing them out in other water, five or six hours after you will find them exceeding white.

*To recover Lawn, Tiffany, Musling or Lace, when they are faded.*

Take of the Water of Vervine a quart half a pint of the Water that distills from the Vine, a handfull of the Roots of Primroses and as many Rosemary-flowers; add to these a quart of new Milk; boil them together, with the further addition of two ounces of Allom-powder, and steep the things therein a night and a day, by which means they will in Washing not only prove much whiter, but contract themselves, grow stiff and continue a gloss or lustre, for a time, as if they were new.

These things being exactly performed by those for whose sake they were written will, no doubt, turn to their credit and advantage.



C H A P. XVIII.

*The Judicious Midwives Advice, or Directions relating to the Delivery of Women in case of Natural or Unnatural Births ; dead Children, &c. Also how they ought to be used before and after Delivery: With Excellent Receipts and Applications in divers cases ; and for Curing distempers incident to the Sex, &c.*

**A**S this undertaking ought to be performed with modesty and caution, so I shall observe both ; and though it may seem brief to some, yet it cannot but be necessary and usefull : Wherefore I have placed it as an appendix to this necessary Book, and in all, consulted the Opinion of the Learned.

As for a Midwife, she ought to be well qualified, knowing and expert before she undertakes so great a charge ; not too hasty, nor too slow in the performance of her office, and ever have the fear of God before her eyes, as the *Egyptian* Midwives had, when they refused to destroy the *Hebrew* Male-children, regarding their Oaths on Earth, which is, doubt, bound in Heaven. But not longer prologue, I shall proceed to the material matter ; and, first, what ought to be observed on the lying down of a Woman in Child-

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If her Travail be hard and tedious, to invigorate her spirits, and keep her in heart, give her her Cordial Essence, Syrups or Cordial Waters, such as are suitable on such occasions. She may also take Chicken-broth, seconded by a poached Egg, or such like-matter; not to excess, but moderately. As for the postures in case of Delivery, few are ignorant of them; therefore, to avoid abscurity, I shall not wave them, and proceed to what is most necessary and material.

In case of Delivery, the Midwife must with patience expect the assistance of Nature, which on that occasion wonderfully operates, and must not abruptly break the Membrane, lest the life of one or the other be endangered, unless a great necessity require it, but rather suffer the Childs head to do it; and when that is done, and the pangs come gently, draw forth the Birth, if it be the right way forward; here not, means must be used to turn it, as the motion of the Woman, and the diligence of the Midwife. Walking up and down the Room, in this case, if the Woman be able, when not at all amiss, nor sudden turning her self; whereby she may reduce the Infant to a right posture, and so have an easie Delivery: I have seen Children in the Womb lying cross-way or sprawling, not only occasion danger to the Woman, and hard Labour, but sometimes by reason of an unskilfull Midwife, Death.

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in the one or the other, the Natural Birth being  
given with the head foremost ; and when a Child  
is so taken forth, commonly with the face  
downward, lay it upon its back for the ad-  
vantage of respiration, and then with an In-  
strument very sharp let the Midwife cut the  
navel-string about four Inches from the fast-  
ening, tying that that remains with a piece of  
silk string ; cover then the Child's head and  
stomach, not suffering any thing to press the  
face.

The Child being thus ordered, let the  
Midwife commit it to the Nurse, or the Wo-  
man that assists, and take care of the Wo-  
man in bed, in taking from her the Secun-  
dine or After-birth with care and caution,  
which is easiest done, they being contracted  
Membranes, by easily moving till Nature ef-  
fect the rest ; and if there appear a difficulty  
herein, many are of the opinion, that the  
Woman holding Salt in her hand fast grasp-  
ed, it is much available in facilitating the  
business. Breathing hard, or rather straining  
when the Breath is held, is another expedi-  
ent ; or by straining to Vomit ; all being helps  
to Nature : But if these prove ineffectual, the  
use of *Assa-fetida* is an Expedient, or drink-  
ing the Juyce of Elder, especially if the Wo-  
man be troubled with the Wind-colick, cha-  
rging the Belly is not the least expedient to  
forward the matter, for thereby the Wind

that obstructs, is dispersed or expelled : these fail, the Midwife, by her discretion must gently draw them forth.

Many Births, there are that are called Unnatural, because they by accident, or the evil situation of the Womb come not forward the right way, some lying cross, others with their feet downward, others sprawling ; some with their necks bowing, and others with their arms stretched out, so that they create great pain and trouble : Therefore of these I shall speak and give Instructions to those of the profession that herein are ignorant.

In many of these cases, great caution must be used to turn the Child, not only by the motion of the Woman, but by Fomentations if occasion require, and by the hand of the Midwife, either to turn the Child in the Womb the right way, or to contract the Members, that it may be brought forth by dilating the Womb, and thereby making sufficient way to do it, removing what obstructs the passage ; and having by degrees brought the Infant into a convenient posture if it may be, tenderly move it, the hand being before that attempt anointed with Pomatum the weakest, or what is more convenient fresh Butter ; letting forth the Waters, if they are not come down ; and whether lying cross or sprawling, feel for the feet ; and having gotten them, by degrees draw the

infant gently forth, encouraging the Woman to strain, and giving her leave between whiles to breathe; and that in such a case the hold may not fail, a linnen cloth about the Thigh of the Child will not be amiss; and after the birth, do as in case of a Natural Birth.

If a dead Child be in the Womb, and Nature be deficient, as in that case mostly it is, Art must be used, and the Child, if it cannot be otherwise, must be drawn forth with an Instrument hooked and fastned in the Scull by the Eye-hole. This likewise must be done with caution, and the Woman after it carefully regarded; encouraging her, and not being dismayed at any cross accident, but rather recollect her senses, that she may be the better able to perform her office, Wit, in the greatest Exigencies, being most needfull: and when she is eased of her burthen, give her for her further comfort a Toast in Iposias or Canary: or in case she cannot be delivered with conveniency, the better to enforce it, let her take the following Drink.

Cut blew Figs six or seven; Mugwort, the seeds; of Rue and Fenugreek, of each two grams; Water of Peny-royal and Motherwort, six ounces: decoct them till half be consumed; strain them, and add of Saffron three grains, and the Trochises of Myrrh a dram, and a dram of beaten Cinamon: sweeten the liquid part, and suffer her to drink it

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Resting a while, let her again try her strength, but not put it out to extremity, lest she become too feeble; and then if she be not eased of her burthen, it will not be amiss to make a Suffumation of *Oppopanax*, *Castoreum*, *Sulphur* and *Assa-fœtida*, of each a dram beaten to Powder, and wetted to a stiffness, with the Juyce of Rue burnt on a chafing-dish of coles, and the smoak pass through the narrow end of a Funnel, so as to affect the Matrix only, and so wait the good time.

A Woman being delivered either of a Natural or Cross Birth, it will be convenient, if she have had hard labour, to wrap her in the Skin of a Sheep, the fleshy side being warm towards her, especially to her Reins and Belly: or for want of it, a Coney or Hare's Skin newly flea'd and warm, chafing her Belly with Oyl of St. *John's* Wort, and swathing to her Back and Belly with fine linnen a quarter of a Yard broad, covering her Flanks with a quilt or little Pillow, applying a warm cloth to her Nipples, but use not presently striving by any Application to drive back the Milk, lest it cause an Inflammation by the continuing of the evil humour twelve hours at least, being allow'd by Physitians for the circulation and settlement of the Blood, and what was cast upon the Lungs by vehement agitation; for in this case Nature is wonderfully out of frame, there not being a Vein nor Artery but what is stretched and moved.

About



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About six hours after Delivery, or less, a restorative may be made of the yolks of two Eggs, a pint of White-wine, a quart of Milk, of Oyl of St. *John's* Wort and Roses, each an ounce; Plantane and Rose-water, of each the like quantity: mix them well, and dip a cloth into them folded; warm it and apply it to the Breasts, and it will much abate the pangs.

To sleep immediately, though the Woman be inclinable, is not at all convenient; four hours after Delivery give her Caudles and nourishing Liquids, and let her sleep if she is minded: And in case of a Natural Birth, no more is required, unless some more than ordinary indisposition happen.

But in case of Unnatural Births, or extremity, other things are to be considered; As to observe a temperate diet, which must consist for the first five days of Penados-broths, Jelly of Chickens or Calves-feet, poached Eggs, French Barley-broth, &c. and as she strengthens, so let her increase her eating. If no Fever afflict her, she may, as she sees occasion, drink Wine moderately, Syrup of Roses or Maiden-hair, and such-like Astringents: And so the danger being past, Broths of Meat, or Meat it self, will not be amiss, that she may the better recover her strength, the eighth day being the soonest to venture upon them, the Womb then, for the most part,

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purging it self; avoiding, as much as may be, sleep in the day-time. And in case of Costiveness, or the like obstruction, which too frequently happen, a Clyster of mollifying Herbs are a present removal: And in all such cases, and many other, what follows is held material.

Marsh and Field-mallows, Peletory of the Wall, Camomail and Melilot-flowers, of each a handfull: boil them in Water wherein a Sheeps-head has been boiled; strain them when boiled, and into a quart put an ounce of course Sugar, and as much Honey, with an ounce and a half of fresh Butter; and if it operate not to the purpose, half an ounce of *Catholicum* will not be amiss.

It is usual for Women to Wash after Delivery; and how to make these Washes, not being vulgarly known, I shall give directions.

For the first Wash, Take a handfull of Chervil; which being boiled in a quart of Water, add a spoonfull of Honey of Roses, and wash with it eight days, and then use another, *viz.* Take red Roses, put them in a Linnen bag, boil them in half a pint of Water, and as much White-wine; strain the liquid part, and use it. Some require a third, and that may be made of the Decoction of Roses, and a pint of Myrrh-water.

To make Astringents usefull on this occasion,

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tion, Take the Seed of Pomgranet, Roach-  
Allom and Galls, of each two ounces; Red  
Roses, and the Roots of Knot-grais, of each  
four ounces; the Rinds of Pomgranet and  
Cassa, of each three ounces; Water-Roses,  
Myrrh and Burnet, of each an ounce; half  
a quartern of White-wine; and of Smith's-  
Water a quarter of a pint. Take two bags  
of a quarter long, and half the breadth; boil  
them in Water, with the Drugs, &c. and ap-  
ply them successively, as is convenient. To  
make an excellent Plaster, Take Venice-  
Turpentine, *Spermaceti*, Rose and Planane-  
water, of each an ounce and a half, with eight  
ounces of Bees-wax: bruise and melt them,  
adding an ounce of white Lead: make a  
Plaster of it, and apply them to the Belly and  
Nipples, anointing them first with *Spermaceti*,  
and it will remove the Inflammation, and af-  
ford much strength.

Cleansing before rising being convenient,  
I shall not omit to give Directions, as thus:  
Take half a pound of bitter Almonds,  
blanch them and beat them into Paste, with  
Powder of Griefe, and the yolks of an Egg:  
put it into bags of Shammy, and dip it into  
Red-wine, and apply it to the places whence  
the Cere-cloth was taken, and wash it in the  
Wine wherein Orange-flowers have been  
steeped.

To prevent the curdling of the Milk in the  
Breast,

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Breast, Boil the Roots of *Althaea* in White-wine-Vinegar, strain the liquid part through a Sieve, adding Bean-flower an ounce, Oyl of Mastick two ounces, Powder of dried Mint and Rue, of each a dram: make them into an Oynment, and anoint the Breasts.

To dry up the Milk, many ways are used, but this the best, *viz.* Take new Honey, the Juyce of a Sparemint and Shepherds-purse, of each an ounce, and put half an ounce into Chicken-broth each morning.

To renew a pain in the Breast, Take two ounces of Bees-wax, Oyl of Nutmeg and Rape-oil, of each half an ounce: make them into an Oyntment; spread them Plaster-wise, and apply them to the Breast.

In case the Belly swell, which after delivery often happens, Take Barley and Bean-flowre, finely sifted, of each four ounces; half a pound of Spanish Figs; of the Powder of Brick, two ounces; one ounce of Cyprus-nuts: boil them well in the Water of a Smith's Forge, and apply them as a Lina-ment to the Belly.

If an Inflammation of the Breast happen, make a Cataplasim of the Leaves of Melilot and Night-shade, each a handfull, boiled in Spring-water; adding two ounces of Bean-flowre, of Oyl of sweet Almonds and Oat-meal, each an ounce, and make a timely Application.

To

To cure a Tumour in the Breast, which proceeds from a thick and unnatural Vapour rising from the Menstrual blood, the Woman must be moderate in diet, drinking Water wherein Cinamon and Anniseeds have been concocted; as likewise the Rind of Citron; observing evermore to take such things as are proper to provoke the Courses; as the Juice of Celendine, Groundsel, Camomail, and Ground-Ivy boiled in White-wine: and often so doing you will remove the pain, and render ease to the part.

Additional Experiments, or the *Judicious Midwives* farther Instructions, not published in the former Edition.

*And first of Weakness, &c.*

If it happen that the Woman after her Delivery be very weak, then, to prevent her much striving, the Nurse, with other help, must turn her as occasion requires, lest the whole frame being out of order, the dispersed Humour gather to one place, and create a relapse, which is very dangerous : notwithstanding, for a farther prevention of it, she may take at the end of            days the following Cordial, viz.

Take

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Take of the Syrup of Violets half an ounce the like quantity of that of Citrons ; add to these two drams of the Powder of Rhubarb and an ounce of Treacle-water, with as much *Dia/cordium* dissolved in it as will lye upon Six-pence ; and to all these add half a pint of Hyssop-water, and let her take an ounce at a time, and after it some Broth or warm Posset the Midwife being ever carefull that nothing of the After-birth remains, lest thereby Fits and Obstructions may be occasioned.

The Woman in this case ought likewise to be very carefull of her self till the Body, that by any violent or unnatural Birth especially if she much distempered and disordered be settled and in good temper ; for often by a too timely rising and stirring, the cold has opportunity to penetrate and settle in the open parts of the Joynts, causing numbness and pains in Limbs, and sometimes by such violent intrusions ferments the Blood to the degree of a Feaver.

To prevail against which, Take of the Powder of Elecampane an ounce, Conserve of Red-Roses two ounces, Pomgranet-seeds beaten to Powder an ounce : dissolve them in White-wine, two drams or somewhat more at a time, and drink the Wine as warm as may be convenient.



*New and rare Experiments in Cookery,*  
not before made Publick ; as also in  
*Dairying.*

*To roast a Salmon whole the Italian way.*

TAKE a middle-siz'd Salmon, draw him,  
and scrape off the Scales, drying him  
without and within with a cloth : Then take  
fine grated Bread, grated Nutmeg, the Juyce  
of sweet Marjorum, Currans and Butter, ma-  
king them up with new Milk into a Pudding,  
the which you must thrust in at his Gills till  
the Belly be pretty well stuffed ; then with  
white Filliting bind him to the Spit ; and at  
first baste him with a little Salt and Water,  
then with Verjuyce and Sugar, and, lastly,  
with Butter and Red-wine beaten up, toge-  
ther : when being enough, open his Belly,  
slit him in two halves, and lay the Pudding  
one half on one side, and the other on the o-  
ther side, and serve him with a Garnish of  
whole Spices and Anchovey-sawce.

*To roast a Turkey, Swan, Heron or Bittron, the  
French way.*

Draw your Fowl, put sweet Herbs, shread  
into a Linnen bag, with Butter and Spices :  
put that into its Belly, then with hot water  
baisit it till it is in a manner parboiled on the  
Spit.

Spit; after that dry it with a cloth, then bait it with Butter and Ginger till it is roasted, and serve it up with Butter, Anchoveys, and the sweet Herbs; garnishing the dish with Lemon-peel and green things, &c.

*To make a Spanish Syllabub the best way.*

Take new Milk a gallon, the Flowre of sweet Almonds half a pound, Rose-water two ounces, Lime-juyce half a pint, the Juycce of Strawberries or Raspices a pint, and a quart of Canary-wine, with two pounds of Sugar; beating them and stirring them together till they froth and become of a pleasing colour.

*The Dutch way to make Orange-Butter.*

Take new Cream two gallons, beat it up to a thickness, then add half a pint of Orange-flower Water, and as much Red-wine; and so being become the thickness of Butter, it retains both the colour and scent of an Orange. And thus have I performed my promise in this kind; from whence I shall proceed to the Second Part.

# THE SECOND PART,

O R,

Appendix to the foregoing Work.

Containing Directions for *Behaviour*,  
as to what relates to the *Female Sex*,  
on all occasions, &c.

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The Author's Admonition to Parents, or such  
as have the Tuition of Children, &c.

**A**mong all the Temporal Blessings, God  
out of the abundance of his Bounty  
and Goodness has bestowed upon Man-  
kind, Parents, in dutifull and obedi-  
ent Children, have the greatest: Great indeed it  
is to have Children, and so it was held and ac-  
knowledged by the Fathers and Wise-men of Old;  
insomuch that Barrenness was not only looked up-  
on as a Reproach, but a more immediate Mark of  
Heavenly displeasure. Sarah's heaviness was tur-  
ned into joy when Isaac was born. Rachel was  
so impatient, that she desired Jacob (as not consi-  
dering they were the immediate Gift of the Al-  
mighty) to give her Children, or she should dye.  
The Mother of Sampson, when the Angel told  
her (who had it seems been a long time Barren)  
that

that she should conceive a Son, greatly rejoiced. Hannah praying before the Lord with an upright Heart, and pouring out her Supplications to him to take away the Reproach of her Barrenness, had her Petition answered in bringing forth Samuel. Great was the joy of Elizabeth, the Wife of Zacharias, and Mother of John the Baptist, when she found she had conceived; insomuch that she cried as in a Rapture, Thus hath the Lord dealt with me in the days wherein he looked on me, to take away my Reproach among men. And one of the chief Blessings the King of Israel, the Prophet pronounceth to the just and upright Man is, That his Children shall be like Olive branches round his Table. If the having Children creates such joy, how ought it to multiply in the Hearts of Parents, who are appointed by God to watch over them for their good, when through their encouragement and industry they see them arrive, in some measure, to a perfection, in the knowledge and practice of Divine and Moral Virtues, whereby they are rendered not only capable of an Immortal State, but of gaining a good Reputation and lasting Memory amongst Men: The consideration of which, doubtless, made Solomon deliver it as a Maxim, That, A wise Son made a glad Father. And in this case Children are more bound to their Parents for their Education, than for their Bearing them: Nor is it a Duty less incumbent on Parents in the discharge of their Duty towards God, to see, to their utmost, those Children

has intrusted them with, as pledges of his kindness, brought up in his fear, by a timely seasoning in the ways of *Virtue*, than it is on the Childrens to make gratefull returns and acknowledgments for the care and cost they have bestowed on them, in nurturing and bringing them up; imagining, that upon the receiving of every such Blessing, they hear the Almighty Donor speaking as Pharaoh's Daughter did to the Mother of Moses, take this Child and Nurse it for me, &c. These things rightly weighed and considered, may induce those Parents, who would be happy in their posterity, to be more than ordinarily diligent in laying a good foundation for *Virtue* to build upon, their own good Example being ever the Corner-stone of such a Structure; for nothing sooner makes an impression in tender years, than *Precedents* in infancy, like *Wax*, taking and retaining the figure of a Seal which first impress'd it, unless it be rudely defac'd by another, or purposely destroyed.

On this occasion much more may be said, but as Parents naturally inclining to do what may turn to the advantage of their Children, I shall in this place press it no farther, but proceed to lay down Rules and Directions for the Carriage and Conduct of Young Gentlemen, &c. That climbing by degrees to the Summit of Internal Adornment, they may raise themselves a lasting Monument, seeing *Virtue* survives Time, and shakes Hands with Eternity.

Yours to serve you,

J. S.

## C H A P. I.

*Admonitions to Young Gentlemen, in  
the first place, to observe their Duty  
towards God.*

**T**O be inflam'd with the Love of Sacred Things, is undoubtedly a foundation for early Virtue to build on, and frequently an Introduction to whatever we can justly or truly term Good or Great. Therefore as you first owe your Duty to God who made you, and on whom depends your Being and Well-being, not only here, but here after; you must, above all things, consider his Glory, and endeavour, as much as in you lyes, to render him tribute of Praise and Thanksgiving. imploring the assistance of his divine Grace to instruct and enable you to supply your defects, and increase your knowledge, and in so, *Remembering your Creator in the days of your Youth.* That God, who loves the early Sacrifice of the Heart, will not be wanting to over-shadow you with the Wings of his Providence, and keep you from falling into those snares Satan lays to intrap you.

To induce you to holy desires, and confirm you in the way of Truth, as you increase in strength. As soon as you are capable to read

well,



*Ammonitions to young Gentlemen. 179*

well, (which ought to be in the sixth year of  
your Age at farthest, for otherwise you or  
your Parents will be subject to a censure of  
knowledge ) you must apply your self to the  
reading of good Books ; and strive, the more  
you read, the more to conceive a delight and  
treasure therein : that growing up, you may  
say with Holy *David*, *From my Youth have I*  
*loved thy Law*. And in seriously considering  
what you read, it will be very profitable for  
you to retain in your memory such comfort-  
able Sentences as, being repeated, raise in  
you a holy joy, or more than ordinary desire  
to meditate and enter upon a Contemplation  
of those things that are thereby expressed ;  
and these must be chiefly taken from Holy  
Scripture : But, above all things, be not remiss  
in the duty of Morning and Evening Prayer ;  
and that you may be the better prepared for  
such holy Exercise, get by heart, and retain in  
your memory the *Pater-Noster*, or the *Lord's*  
*Prayer*, the *Belief*, or the *Apostle's Creed*, and  
other good Prayers suitable to your capacity.  
Get by heart likewise the Churches *Catechism*,  
but especially the *Ten Commandments*, that  
you may the better understand the Will of  
that God that made you, and the World ; and  
be cautious to offend him in breaking any of  
his Laws by thought, word or deed, consi-  
dering that from him, who is the *searcher of*  
*hearts*, nothing can be hid ; for to him Dark

ness is as Light, and before him all the secrets of our hearts are laid open. Lying, about all things, must be abhorred, and the Name of God never mentioned but upon pious and lawfull occasions, (and then too with the profoundest reverence.) The company of naughty Children, whose words and manners may offend or tend to corrupt Youth, though your near Relations, must not only be reprov'd by you, but growing incorrigible or irreclamable, shun'd and avoided; and, as often as stands with your conveniency, especially every day between the Morning and Evening Duties of Prayer, read little or more some portion of Scripture with heed, reverence, and a comely gesture, as considering it is the Word of God, *Written by Holy Men inspired for our Learning.* And if it be in private you read, where none but your self is present, pause and meditate on those Sacred Truths as your Heart is most inclinable.

As for the Sabbath-day, a Day holy set apart by God, as more peculiarly designed for his Worship, though it ought on no day to be omitted. Observe to keep it with the greatest strictness, keeping not only your Actions and Words, but, if possible, your very Thoughts within compass; and spend the day especially in Praise and Thanksgiving both in private and publick Devotion, with firm Faith, and full relyance on God's mercy and

and goodness, for your protection and preservation in this life, and for his promises of a better life in the World to come.

When you are at Church, let not your eyes by any means wander, nor your Body move in an unseemly gesture; but in all things behave your self, that you may be an example to others. If at any time you are exposed to Melancholy or Discontent, pray to God to remove it; if to Mirth, let it be harmless and innocent, avoiding lewd sights, or bawling Songs that may tend to corruption and debauchery; but rather follow on this, as well as the former occasion, St. James's direction or advice, *viz. If any be afflicted, let him pray: if merry, let him sing Psalms, c. 5. 13.* And in thus doing you will treasure up blessings to your self; for if you carefully perform your duty in serving God as you ought, he will not withhold from you any thing that is necessary; for to those that *seek first the Kingdom of Heaven and its Righteousness, all other things shall be added.*

And thus much may briefly suffice to instruct you how you ought in duty to behave your self towards your Maker: From which shall proceed to the next incumbent, which is your *Duty towards your Parents, &c.*

## C H A P. II.

*Instructions for Young Gentlemen  
Behaving themselves dutifully towards  
their Parents.*

**A**S our Parents are those from whom next God, we have our Being, and whose tender care and inseparable love we are nourished and preserved from innumerable dangers and hazards; therefore ought we to render them suitable returns, as far as we are able, and more expressly in a grateful acknowledgment by our duty and obedience. Therefore, young Gentlemen will take notice that you should no sooner arrive at moderate years of understanding, but you ought to understand your Duty towards your Parents; and that you may not plead ignorance, I will briefly lay down such Rules as may inform you what is necessary to be observed.

In the first place, your Reverence, Love and Obedience, is strictly required; not only by the ties of Nature; but by God's holy Word, as sundry places in Scripture manifest; nor can their Infirmities in any-wise excuse you, or dispence with your non-performance; but in such a case you ought to do

le your observance, that thereby, as much  
s in you lyes, with *Shem* and *Japhet* you  
may hide their weakness and defects from  
the eyes of others, lest the Curse that befell  
*Ham*, the unnatural-discoverer of his Fa-  
thers nakedness, fall upon you : or the more  
readfull threat of the Wise-man, in *Prov. 30.*

7. *The Eye that mocketh his Father, or despi-  
th to obey his Mother, the Ravens of the Valley  
shall pluck it out, and the young Eagles shall eat  
it up :* That is, the very fowls of the Air,  
who are mindfull of those that gave them be-  
ing, shall testifie against the disobedient, and  
become their Enemies. But nearer to the  
purpose.

You must observe at all times to obey the  
Will of your Parents (if it be in your power,  
and not contrary to God's Command) with-  
out repining, seeming unwilling, or entering  
to dispute, performing what you do with  
cheerfulness, shewing by your willing mind  
your ready obedience, and by your quick  
dispatch demonstrating the pleasure you take  
in the performance, shunning all occasions  
of giving them any disquiet, pacifying their  
anger, if it at any time arise, with submission  
either in words or by behaviour, tempering  
your actions with a moderate sweetness of  
disposition and silence, for too much osten-  
tation or loquicity is displeasing ; when your  
parents grieve, be you sad ; when they re-

joyce, be you pleasant, as sympathizing with them in heaviness and joy ; yet be not over inquisitive into the cause ; but if you are desirous to know it, wait their leisure to reveal it, or learn it from some other hand.

Forget not to pray for your Parents as often as you put up your Vows to Heaven beseeching the Almighty to showre his Blessings upon them, that in multiplying they may redound to their advantage and your comfort ; which is one great advance by which a Child endeavours to make his Parents restitution for their care and tenderness ; for nothing without calling God to your assistance can in that nature be effectual, the difference being otherwise so vast between what has been done for you, and what you can do to deserve it.

Let not the hopes of Riches, no, nor the severity of your Parents, imprint in your mind a desire of their Death, lest the Almighty be offended, and shorten your days frustrating you not only of what you so earnestly desired, but of that, which, without those unlawfull desires, you might in his good time have enjoyed.

Shun those that speak ill of your Parents and would make them seem contemptible in your eyes : Nor let their Poverty, should you be advanced by any means to Riches or Honour, render your Duty and Obedience



is, for they cannot be but the same in all conditions: If they be poor, you ought to relieve them, if it be in your power: If they be weak of understanding, you must (if you see it absolutely necessary, or be required so to do) assist them with your Counsel: If they be injured or oppressed, you must, as much as in you lyes, endeavour to succour and redress them, for no years can exempt you from observing your Duty to your Parents; nor brought you to dispose of your self in Marriage, nor otherwise, without their allowance and consent, your Person being indispensably theirs in a lawfull way to dispose of, as they for your advantage shall think fit. And as it was under the Law of *Moses* in relation to a Virgins vow; the which, though she had made, yet if her Father approved it not, was void; as in *Numbers*, chap 30. vers. 5. *And if her Father disallow her in the day that he heareth, not any of her Vows nor her Bonds wherein she hath bound her Soul shall stand; and the Lord shall forgive her, because her Father disallowed her.* By this we see the great Power that Parents had over their Children, even to a degree of cancelling and rendering of non-effect the obligation of a Vow, which power was given by God himself: Nor is it observable that those who disobey their Parents in any thing that is lawfull, or neglect

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or despise them in their distress or poverty ever prosper : Or if they flourish for a time yet are they generally fitted in the same way for Children cannot fathom the joy and sorrow of their Parents in this kind, till they become Parents themselves ; and then, too often, they bewail their remissness. But to conclude as to this Particular.

Certain it is, that no poverty, fault or unkindness of Parents, can dispense with that Duty and Obedience which, by the Law of God and Nature, Children owe their Parents for the tender care, labour and cost bestowed on them : Nay, though Parents should prove unnatural, and expose them even in their Infancy, to a desperate fortune of hazard and danger ; yet still those Children are bound to perform their duty, and look for their reward from him who is the Author of all Blessing ; who, for so doing has promised us length of days, and seldom fails to make those days comfortable to us.

C H A P. III.

*Instructions for a Young Gentlewoman at the Age of Six, or upward, how to behave her self towards her Parents, Superiours, Equals and Inferiours, and upon sundry other occasions; as Learning, &c.*

**H**AVING briefly discoursed the two main Points, I shall now proceed to give you a Scheme of decent and comely Behaviour in General, to render you Accomplished in your Non-age, and introduce you to that which is more materially to be observed and practised.

In all your undertakings, let it be observed that you are an enemy to Sloth, not only by your early rising, but by your activity; for having neatly dressed you, or caused some other to do it, having prostrated your self before your Maker, and refreshed you with what was appointed, fall upon your Knees before your Parents, and receiving their Blessing, hasten to School; or else betake your self to such business as your Parents or Governess (if you are under one) shall appoint you at home, doing it with cheerfulness, and respect those that are over you, as well in

their absence, as when they are present ; and whether it be Reading, or any curious Work observe that your Face and Hands are clean and that you handle no dirty or greasy things ; neither presume to eat before those who are your Instructors ; whilst you are at your Work or Lesson, if there be more under the same Tutorage, as in such cases is usual, behave your self kindly towards them ; call no unseemly Names, nor make unreasonable Complaints : Defraud them not, though of trivial things ; nor take the least matter by force that is not your own ; be courteous and mild ; win a decent and winning Behaviour. If your Mistress or Governess be sharp and severe, strive by your diligence to prevent displeasure or correction ; and as you approach or return from her, make your Reverence, and the like, to your Parents ; when you come into their Presence, or retire, make your obeisance in the most becoming and obliging manner, to your Superiours and Equals ; nor forget at any time to be courteous to your Inferiours : Besure your Tongue run not too fast, but in Discourse be moderate ; Speak with deliberation, and well weigh your Words before you utter them ; and where you are seated, observe that you continue till you are called thence, or it is time to leave it. In reading, upon any occasion, use not a Tone, but read distinctly,

distinctly, observing your Stops, that you may be better understood what you read. In Writing, beware that you blot not your Paper, but imitate your Copy in cutting your Letters fair and even; Let not your Work, of any sort, be soiled or dirty, and keep what things you use in good order, and render your Parents an account of your improvement.

When you are to be at Meat, be not out of the way, but attend the Grace, and then taking the place that is appointed you: After having done your Reverence to your Parents and Company, see that your Napkin be fastened about you, or pinned to save your cloaths from greasing, and thankfully take what is given you without craving; nor is it seemly for you to speak at the Table, unless you are asked a question, or there be some great occasion. Cut your Meat handsomely, and be not over desirous of Sawce, nor of another sort of Meat, before you have disposed of what is in your Plate or Trencher. Put not both your hands to your Mouth at once, nor eat too greedily: Let not your Mouth or Fingers be greasy no more than needs must; and when you are satisfied, take your Plate or Trencher with you, or give it to those that wait, and retire, but not out of the Room till Grace is said, and the Cloth taken away; at what time making your obeisance, you may depart, unless you are desired to stay:

Nor must you sit before your Parents, Governess or Superiours, unrequir'd, unless you are at your Meat, Needle, Writing, or the like; and observe that you attempt not to drink in any company till you have emptied your Mouth; and that you breathe not, nor blubber in the Cup or Pot. As for your Recreation, when leasure hours permit, let it be innocent and moderate, never staying late abroad; and, above all, be wary in the choice of your Companions; and as you grow up, shun the Conversation of those that have a report of Lightness, lest they draw you into a snare, or bring a scandal causlessly upon your good Name, but chuse those whose Reputations are candid; Converse with those who are modest, yet affable; Stay not, at any time, where the least occasion of Lightness and Wantonness is administred; nor lend your Ear to discourse tending to Lewdness; and, for the generality, rather chuse to be seen than heard.

For your Carriage, in the general, let it be a Medium, not expressing too much reservedness, which, by some, is interpreted Pride; nor too much freedom or familiarity, which, on the other hand, will be looked upon for Fondness. Be no Makebate between your Parents and their Servants; nor at any time tell a Lye to excuse a fault, or keep you from the hand of correction. Go to bed in  
due



due season, without any noise, and never be seen in unseemly Laughter; nor in pointing with your Finger, or nodding with your Head, especially in company, or in places of Divine Worship: Honour Age, and pity those that are distressed by Poverty, or any other Affliction; Speak not at any time scornfully, or in a taunting way, but be courteous to all; and in so doing you will gain a good repute, and forward your self in those things that will render you Praise-worthy.

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C H A P. IV.

*Instructions for a Young Gentlewoman how to behave her self towards her Governess and Servants, &c.*

**B**Eing come to more years of discretion, there are many things requisite to be known that I have not yet mention'd; an account of which, as they offer, I shall deliver in their proper places: And, in the first place, I shall say something of a Governess, appointed by Indulgent Parents to instruct a Young Gentlewoman; as also of the Maid-Servant that is to attend her, &c.

As for your Governess, if discreetly chosen, she must be a Woman of gravity and discretion.

### *a Governess and Servants, &c.*

discretion, one that is learned in curious Arts, such as you are desirous to improve; and although her Age render her reserved, yet must you not censure her as ridged, but comply with her lawfull Commands; and by your mildness and industry move her to gentleness, refraining by all means to make Complaints, especially unjust ones; for in disapproving of her, whom your Parents has thought fit to set over you, you tax them with Imbecility in chusing, and by that Complaint will either incur their displeasure, or, by removing your Governess, perhaps procure a worse: which causing, undoubtedly, a second Complaint, will possess your Parents with a jealousy of your untractableness and ill disposition.

Some there are that covet to be under a young Governess, with whom they may have the more familiar conversation, though to their small advantage; for it is somewhat improbable that a Person, who cannot perhaps Govern her own youthfull frailties, should discharge so great a Trust as she ought; Nor is it Morally possible for any Person to be a good Governess, unless she has her self been the Mother of Children, and had the bringing them up; for then, and but till then, can she be fully sensible of Youthfull frailties, and know what tenderness, and what Correction ought to be used:

Howe-

However, consider with your self, that in being comfortable to her, you obey your Parents, who thought fit to commit you to her charge ; and that if you do otherwise, you disobey God, in abusing or slighting their care and indulgence, who study your advantage : Therefore let not the Servants, nor any other, create a misunderstanding between you and her, but in Prudence and Charity forget or forgive what ever you conceive to be an injury, as wisely considering you are no competent Judge in your own case.

To the Servants you must be courteous and affable, but not over-familiar, lest it beget contempt. Tell no Tales of them to your Parents, but rather strive to hide their failings, unless they be such as are prejudicial or unseemly ; and do them what good you can. If at any time you find occasion to reprove them, let your Reproofs be rather Admonishments than Reproaches : Be not peevish nor froward in your Dressing, or in any other office done you by the Maid, that more immediately attends you, but by gentle words let her know her Error, that she may amend it : which method will oblige and command a constant diligence, which otherwise would be but Eye-service ; and if your Parents be angry with their Servants, or any of them, do you become their Mediator : And turn not, by any means, your Face from the Poor ;  
but

but if it be in your power, without offending your Parents, relieve them; or, as you see occasion, petition on their behalf: by which demeanour you will command Love and Reverence, and gain the Character of an humble Spirit: In which you may rest satisfied, that it is better to be Good than Great; and that Humility forcibly commands Love and Service, when Pride, on the contrary, begets Hatred and Contempt. If Heaven has endowed you with a large Fortune, and a noble Birth, let your Virtues shine with the greater lustre; and, above all things, give God the praise, and use what you have to his glory, and your own comfort.

## C H A P. V.

*Instructions for Young Gentlemen how to behave themselves in all Societies, upon sundry occasions.*

**W**ELL to deport and behave your self in Company, upon all occasions, requires a sound judgment, and much caution, few being capable of bringing themselves within that compass: yet, for your better Instruction, I shall lay down what I think most necessary to be observed.

And

And first, to qualifie your self to understand the quaint, modish and courtly Expressions, it is convenient that you learn the *Latin, French and Italian Tongues*, not only Rote, but by Rule and Grammar, the better to understand them, since the most refined *English* has borrowed from these Languages, and without this Knowledge you will be at a loss to understand those that utter high Phrases in the Court-Air, as they term it; nor in this case must you be ignorant in Singing, Dancing, and Playing upon such Musick as is futable to your Sex; though Exercising your self herein, you must be very modest and moderate, your words, on all occasions, being but few, yet to the purpose; Discretion, Silence and Modesty being the Ornaments of the Female Sex. And Society is that which all Creatures naturally covet, so, if it be well chosen and managed, it is recreatory to the Body and Mind: but as bad Society is worse than none, so is it to be avoided.

Wherefore be not easily won to enter into discourse with those you know not, unless some urgent business require it, lest you be suspected of Levity and Indiscretion. Always observe to consort your self with your Betters or Equals, knowing them to be virtuous; and avoid too much familiarity with Inferiours, unless you find them very discreet,

creet, lest you fall into contempt, if Female  
 or if Male, lest you give them encouragement to make their Addresses of Courtship  
 and by subtil ways to insinuate themselves in  
 to your good liking: for Love, that takes  
 the Diadem from Queens, is blind; and  
 Passion distinguishes not Servility from Great-  
 ness: by which means, though you are high  
 in Birth and Fortune, you may be brought to  
 a yielding, which may turn to the grief of  
 your Parents, or perhaps to their and your  
 own disgrace. And in this case presume not  
 too much upon your own strength, by inter-  
 changing Gloves, Rings, Ribons, or such  
 things which you may term Trifles, lest, by  
 this kind of familiarity, Love by insensible  
 ways opens a passage to your Heart; always  
 considering it implies weakness, or want of  
 discretion in the besieged, to parly with the  
 besiegers.

Be not over-desirous of being seen often  
 for ostentation sake, especially in places of  
 resort, lest you expose your self to the as-  
 sault of the Tempter, and purchase that  
 curiosity with the loss of your Honour, by  
 giving Licentious Amourists liberty to meet  
 you in your Walks, and by powerfull per-  
 swasions to listen to their Syreens Charms,  
 whilst you are no longer capable of master-  
 ing your Affections, but let them loose at  
 a venture, to your undoing: Nor trust too

much



ch to Female-Confidants, lest, for their  
advantage, they perswade you to a  
ding: and in Speech be not over-lavish  
any.

As for your Dress, let it be neat, but not  
dy, for Virtue is comely in any Dress;  
be content to appear in your native Beau-  
Let your Dressing-time be short, and  
your Recreation moderate: In your Speech  
Behaviour shun all Affectation; and be not  
er-fond of new Fashions, especially such  
are Apish or unbeseeming: and in that  
se let your Dress make known you are no  
end to Formality. When you enter a  
room to pay your Respects to your Parents,  
superiors or Equals, let it be done with a  
grave and modest Countenance, making your  
artzies at three Approaches; and in the  
same order retire. When you sit or walk  
with any, observe that you do not rudely  
take the upper hand, nor express any words  
that may give offence. Never speak evil of  
any behind their backs, for those you speak  
to, may imagine you will do as much by  
them. Keep your Eyes from wandering.  
are not Men full in the Face, nor cast pri-  
vate Glances. Do not Flout, nor be loud in  
laughter, lest, by straining your Mouth,  
Wrinkles appear in your Cheeks and Fore-  
head, you thereby become deformed, or ap-  
pear much older than you are. Wherefore  
in

in all things observe to behave your  
modestly and discreetly abroad and at home  
that you may become an Example to others  
and thereby deserve the Imitation and Ap-  
plause, not only with those you associate  
but of such as shall have knowledge of your  
Virtues and good Conduct. And so leaving  
you to consider of what has been said, I shall  
proceed to Particulars of great moment.

## C H A P. VI.

*Instructions for a Young Gentlewoman  
to Manage her Gate and Gesture; to Govern  
her Eyes and Tongue, &c. upon  
sundry necessary occasions.*

**A**S there are many other nice matters re-  
quisite for the true Accomplishment of a  
Young Gentlewoman, I shall endeavour to lay  
down what is Material in the most easie Me-  
thod: And first of the Gate, or Gesture, that  
ought to be observed upon sundry occasions.  
And in this case observe that you walk not  
carelessly or lightly, shouldering, as it were  
your Companions, nor strutting or jutting in  
a proud manner; Keep (in your walk) your  
Head steady, your Countenance not too  
much elevated, nor too much dejected.  
Keep your Arms likewise steady, and throw  
them

em not about as if you were flying : Let  
our Feet rather incline a little more in-  
ward than outward, lest you be censured  
slay-footed; for by the motion of the Body,  
the thoughts of the Mind may be discovered :  
whether the Party be of loose or proud  
behaviour, or humble and complacent. Do  
not run or go extream fast in places of Con-  
course, unless great occasion require it; for  
such violent motions it is not always in  
our power to keep your Body steady; nay,  
too much haste you may chance to fall,  
and expose to view what you would con-  
ceal. And as the Gesture of the Body is  
plainly and commendable, so is the Manage-  
ment or Government of the Eye; in which  
many things are to be observed, and chiefly  
these.

Keep your Eyes, as we may call it, with-  
in compass; that is, let them not be too  
much fixed upon idle and vain objects, nor  
drawn away by unseemly sights; roll them  
not about in a careless and lascivious man-  
ner; nor stare Men in the Face as if you were  
striking Babies in their Eyes; Send not pri-  
vate Glances; or look, as they call it, with  
out a Face, turning your Head, as it were, a-  
gain: Look not at any time over your Shoul-  
der, if you have opportunity to turn you :  
open not your Eyes too wide, thereby to  
sport your Countenance; nor keep them  
in

in a manner half shut. Wink not too often, nor cast your Eyes aſcance, as if you ſquinted; neither keep them too reſerved; nor ſcornfully turn them away when any Object offers. Look not too much downward; nor with a more than ordinary Elevation. Gaze not often againſt the Sun, nor on the Fire, both of them being things that impair the Luſtre of the Eyes. When you diſcourſe with a Woman, look her in the Face with much compoſedneſs as you can: but if with a Man, to look a little downward, for Modesty is commendable, leſt your earneſt gazing in his Face be interpreted in the wrong ſenſe: But, above all things, as often as opportunity will permit, liſt up your Eyes to your Redeemer; and, with holy *David*, implore him, to *turn them away from Vanity*; for the Eyes being the Windows of the Soul, lets in Good or Evil, according as it fixes, is intent upon good or bad Objects; therefore chuſe the former, and reſuſe the latter. And the better to enable you to look up to him upon all occaſions, God has given Man and Woman five Muſcles to move and guide the Eyes, and the Principal of them to draw it upward without pain; Whereas all irrational Creatures have but four, and turn their Eyes about, as being made for no other end than to revert the duſt from whence they ſprung, whiſt the noble rational

Creature, endued with an immortal Soul, capable of those blessed Mansions of which has a prospect, and towards which he ought to lift his Eyes. But leaving the rest to your discretion, I shall pass on to say something of Speech and Complement, &c.

In this case, let all your Discourses be to purpose, and suffer not your Compliments to be high-flown, extravagant, blunt, non-sensical; but, in all, site them with modesty, to the capacity and quality of the person to whom you utter them; and see they be done upon fit occasion, and in season; be not to Congratulate persons, when you should Condole them; use in your utterance no Hems nor Stammerings; Sputter not as you speak, nor speak many Sentences between breathings; use no Tautologies or repeated words or lisplings; neither speak with a Tone, nor too much confidence; stir up not, nor stare with your Eyes; Point not with your finger, nor express in your discourse those insipid and insignificant words *de-ye see, de-ye hear, understand-ye me, thank-ye me, sed-she, sed-be*, or the like; for you can never be an Oratress, if you accuse me your self to 'em; never talk too long, thereby to tire your Auditors, nor breach an unreasonable discourse; observe that you interrupt not any person when he or she is speaking;

speaking; and what you speak, let it be with deliberation. Some there are that affect silence, and are little heard in any company. Let me tell you, Ladies, this is an error and implies the party extremely reserved and not desirous of Society; or that her understanding is so weak, she dares not trust her Tongue to utter the sense of her Soul to whom the Words of the Philosopher, uttered upon his observing one sit silent in great Assembly, may be aptly applied, *If thou art wise, thou art a fool: If a fool, wise in holding thy peace.* Never strain your words to a pitch of Eloquence, that the *sound* is more admired than the *sence*; but let a moderate flourish rather suffice, and comprehend much in a few words: Decline to speak much before Gravity, and multitude of years, unless urgent occasion require it, and beware that you speak not till you are bidden to hold your Tongue; for indeed Womens discourse should not be much, because Modesty and Moderation is her Ornament, and are in themselves a moving Rhetorick. And when you have opportunity of discourse, let it not taste of Confidence, Affectation or Conceitedness, nor border upon Obscenity. These things considered and practised, will render your discourse acceptable, and free you from the censure of the Wise and Judicious. And thus must



*Perswasions to Modesty in Apparel.* 205  
r these Particulars : From whence I shall  
ceed to speak something of Habit, and its  
ecency ; as also of Fashions commendable  
d discommendable.

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C H A P. VII.

*Directions for a Young Gentlewoman how  
she ought to be seen in her Habit or  
Apparel ; and what Garb is most com-  
mendable, and otherwise, according to  
the Quality of the Wearer.*

**T**Hough God has framed Men and Wo-  
men beautifull and seemly in every  
part, yet it is no ways disagreeable to his  
Will, that Nature should be improved by  
art, to render a Creature he highly regards  
the more commodious : as appears by his  
cloathing our first Parents with more du-  
rable Garments than they themselves had  
provided to cover their nakedness ; nor is it  
(as some Cynical persons have it) Pride to  
go neatly attired, for by that the parties dis-  
cretion is better known than her Fortune,  
and the Body kept in a due proportion and  
order.

It

206 *Persuasions to Modesty in Apparel.*

It matters not, Ladies, of what Stuffs or Silks your Cloathings are made, so they be decent and civil; neither by their ridiculousness discovering the Wearer foolish and slovenly; nor by their gaudy and careless putting on, to render her suspected of loose or light behaviour, or at least-wise subject her to the censure of the ignorant. Apparel may be rich, and yet decent; and indeed whether it be rich or not, if decent, the matter is not great; though, in this case, leave it to the discretion of Young Gentlewomen, or those that provide them Apparel, to let it be suitable to their Quality or Fortune; and will not be of the Morose and Cynical temper of some, who either believe or spitefully give it as their opinion, that gorgeous or glittering Apparel is the Attire of Sin, and suits with the Pride of the Wearers hearts; but will be persuaded that the Quality of the Person extenuates the Quality thereof, and renders that opinion vain and frivolous. Since we read that Noble Women, in all Ages, went in sumptuous Attire, nor was it indecent nor unbecoming the Character they bore; yet rarely find they were given to cover various Fashions, but contented themselves with such Adornments as became their modesty; for indeed what avail they, unless to shew the profuseness of the

the Wearer, or should it be to attract the eyes of Mankind. Know, Gentlewomen, that Men of sense are not taken with glittering Apparel, no, nor External Beauty, so much as with the Internal Adornment of the Mind. And if by these Allurements of Wits and Idiots should be captivated, our Triumph would not be worth the cost.

Yet, I must confess, there is a kind of pride in Youth to go gay; which should too severely reprove, I might justly merit your displeasure; yet that Gaity may as well in Decency as otherwise, the use of Apparel being to dignifie the wearer: Nor does Virtuous demeanour more lively appear, than in Look, Speech, Gesture and Habit, within the compass of Modesty, though Diamonds, Gold, and other precious things, are made for use; and without being imployed, would be ineffectual: Therefore to ban them, in my opinion, is one of the best Ends for which Nature produced them, or Art brought them to a fuller perfection. The Pride in this case being only entered in the Mind, and not in the External Ornaments; which is rather known by the Carriage and Deportment of the Wearer, than by the Garments. And though to affect Novelty, and run into every Fashion, be not

not commendable, yet Moderation is not amiss; For two Reasons: As first, should you always keep in a fashion, though decent, it would be looked upon as a contracted singularity; or to continue in any strange garb, after the fashion is altered, would appear ridiculous, and cause laughter, especially amongst the ruder sort; as much as a Woman of fourscore to be habited in the Garb of a Gentlewoman of sixteen; or to see a Dairy-Maid in her Ladies attire. Therefore whatever you wear, let it be proportionably to your Body, and suitable to your degree.

In a word, Let your Virtue appear in your Gesture, by Humility and a moderate behaviour; In your Looks by a composed sweetness; In your Speech by Affability comprehended within the bounds of Moderation; and in your Habit by decency, and a regulation suitable to your Birth and Fortune; whereby you will gain an Esteem more valuable than whatever you can otherwise propose to your self on this side Eternity.

## C H A P. VIII.

*Instructions for a Young Gentlewoman  
how to proceed in their Seasonable Re-  
creations ; and what is to be observed  
therein.*

Since moderate Recreation is not unbecoming a Young Gentlewoman, I think not amiss to give my Opinion in that case, what is most commendable, and what to be observed therein, as well relating to their Seasonableness, as to the Carriage and Behaviour that ought to be observed there-

A Ball, amongst other Recreations, is much esteemed with Young Gentlewomen, because here they are sure to meet their Compeers in merriment ; yet lest at such a place a Young Gentlewoman by her folly or undisciplinedness expose her self to Laughter or Contempt, observe, that if you understand the Rules of Dancing ; yet be not too forward to engage your self therein, lest you entangle your self so far, that you are puzzled, and at a loss, perhaps for want of understanding the Rules and Formalities practised in that place. And as you ought not to be too forward, so be not too hard to be per-

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swaded,

swaded, or abruptly, in a huffing humour, force your hand from any that offers to accommodate you, but rather run the hazard of an error or mistake in your performance, than let the least pride or rudeness appear, or give those that are present, occasion to think you are subject to either.

In this case be not, by any means, affected; nor when you undertake to Dance, be not tedious, but perform what you undertake with Modesty and Moderation, that by a quick dispatch you may give way to others.

As Dancing is an External Accomplishment, so Vocal Musick is an Internal one, yet they may indifferently serve for either, though the last is preferred; therefore if you are expert in your Notes, &c. and can Sing well, when you are in company, upon the intreaty of a Friend, who knows you so qualified, be not obstinate in complying; yet be brief, and let your Song be such as may give no offence: and when you have done, look not as if you expected Applause, but keeping your Station with a composed Countenance, give way to another to second you, if any present is desirous, or can be prevailed with to do it; observing never to cough nor strain when you enterprize it, nor to stop in the middle to crave Attention: And the like observe in your playing on Instrumental Musick, not in that Point being tedious in commencing



beginning your Harmony, when others do the  
like: give attention, not interrupting them  
with discourse. And in this case let both your  
Songs and Tunes be modest, ingenious and  
pleasant, avoiding, by any means, what may  
tend to the corruption of good Manners:  
And as Dancing is the best and readiest way  
to put the Body, upon all occasions, in a  
gracefull posture; so Musick is that which  
tempers the Soul with mildness, and disposes  
it to sweetness.

In Limning, or Drawing to the Life, many  
Young Gentlewomen, as well of former as  
latter times, have exercised their Parts, and  
in that Curiosity found much Recreation; it  
being, in my Opinion, an Art futable to the  
accute Wit of the *Female Sex*: Nor is Poe-  
try to be rejected, for by that is the Mind  
enlivened, as it were, and tuned to the har-  
monious Numbers of the Muses, and fur-  
nished with lofty Expressions.

Next to these, Engraving may take place,  
a thing practised by many Virtuous Gentle-  
women: but amongst solitary Recreations,  
if they may be so termed, Reading of Hi-  
story, or such Romances wherein Virtue and  
Gallantry are lively Portrayed; or such as  
contain Stories of chaste and virtuous Love,  
are to be preferred.

These being allowed, I think it not amiss to  
advise Young Gentlewomen, at leasure hours,

to recreate themselves in seeing Stage-plays, wherein many things are represented, that by due construction, may redound to their improvement in understanding; though some are so Stoically severe, to condemn this kind of Recreation, as altogether tending to the corruption of good Manners; yet they can give little reason for it.

These and suck-like Recreations being to be preferred, there is something more to be considered; which is the fit Time or Season, &c.

The principal thing to be considered in this case is, how you ought to keep within compass, and not run into excess, or any ways give offence, damage, prejudice or scandal to any; or by immoderate pursuing it, impair your Health or Reputation, which too often falls out; besotting a cheerfull Complexion, and over-whelming, in a manner, the principal Virtue. And if you rightly consider this, and consequently recreate your self with Moderation, at seasonable hours, and in proper seasons, it will not only quicken your Apprehension, but contribute much to your bodily Health; and cannot be any-ways offensive to the Almighty, who debars us from nothing innocent and harmless that is for our advantage. So that from hence I may draw a conclusion, That Men and Women may enjoy those Pleasures

to

to which they, with Modesty and Moderation, incline ; with a proviso, they launch not out so far as to abuse them.

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C H A P. IX.

*Instructions for the Guidance of a Young Gentlewomans fancy, in relation to Love ; and how she ought to behave her self towards those that seek to gain her in Marriage, &c.*

**H**AVING laid down many things highly necessary, and mainly conducing to the Accomplishment of a Young Gentlewoman ; I shall now proceed to a more difficult and weighty matter than what has hiterto been mentioned ; and that is, to direct her how to guide her Fancy in the Mighty business of Love ; A thing, you'll say, somewhat strange to propose : But what cannot the Merits of a virtuous Woman create in the Mind of her Admirer. This indeed, if it proved happy and successfull, will undoubted make her amends in her former care and diligence, and render her an entire felicity on Earth ; for Love is the Concord and Harmony of the Universe, nothing subsisting in its proper order without it ; nor can there be any hap-  
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pineness when it is wanting ; yet there is, as in this case, as in many others, degrees, or rather counterfeits ; for Love it self, in its purity, admits of no Adulteration or mixture, but is essential and unlimited : but many there are that would appear to wear the badge of this sacred Virtue, who only make it an Umbrage to obtain their unlawfull desires and advantage : And though they may indeed, for a time, express an extraordinary Passion, and, not to speak the worst of 'em, entertain a feavourish desire ; which is to be known by their earnestly gazing upon the Object they at that time perhaps admire ; yet it being only a Passion, and not founded upon Virtue, it is not properly Love, nor can it render the expected felicity ; but blazing a while in the enjoyment it sought, spends it self ; and being spent, like a false Star or Comet, expires : or, on the other hand, not obtaining its ends, changes into disregard or mortal hatred ; and of such a Passion, whether at the time it is proposed, real or feigned, you must beware.

That Young Gentlewomen, arriving at maturity, are prone to Love and Liking ; it would be insignificant for one to relate, seeing it is so well known. The Eye and the Ear being seldom wanting to convey to the Soul what is desirable ; the one charming it with beautifull sights, and the other with  
rhetor-

as rhetorical and melodious sounds; yet give  
or not these official members too much scope  
its on this occasion; lest they insensibly ruin  
re, you, by betraying your Affections to what  
ny is sordid or inconsiderable; but keep, as it  
he were, a guard upon your Heart, to prevent  
ke the entrance either of a lawless or disadvan-  
le- tageous Passion. Consider well before you  
ay give way, even to imagination in that kind;  
ry weigh deliberately each particular, and be  
n, seriously intent on what is to come, as well  
be as what is present, not suffering your self, for  
ne the present satisfying your Appetite, to be  
e; carried away with the Torrent of a Passion,  
d that will unavoidably carry you into the  
or Gulf of Misery. Man indeed is a noble Crea-  
a- ture, and for his sake Woman was made,  
, and therefore ought to be complacent; but  
e being left at liberty to chuse where she thinks  
r fit for her advantage, it is more than com-  
f- mon prudence to make such a choice to her  
C- humour. The former of which may, but  
l the latter cannot be quickly discovered: But,  
above all, let not a Young Gentlewoman  
for Interest, or by over-perswasion, give her  
self to one she cannot affect, lest she dearly  
repent at leisure what is past redressing, there  
being nothing more grievous than a loathed  
bed, for that, most commonly, cancels all  
other Earthly felicities; nay, many times  
shakes the very foundation of Modesty, and

struggles with Virtue, till it enters at one door, and drives it out at the other. And this is too often the Parents cruelty to their Daughters, who being past the youthfull pleasure of a Reciprocal Love, aim rather at their Greatness than their Happiness; though contrary to the opinion of Wise *Themistocles*, who, on the like occasion, preferred an honest Poor Man, before a Rich vitious Man; in these words, *viz. That he had rather Marry his Daughter to a Man without Money, than to Money without a Man.* And much to the same purpose was the Answer of the Magnanimous *Portia*, Daughter to *Cato*, upon her being demanded when she would Marry; said she, *When I find one that seeks my Love more than my Riches*; that is, one that she could meet with an equal Passion.

As for your Behaviour in this case, it must be grave and modest, though not sower or too much reserved, lest it be interpreted for Pride, or want of discretion. Blushes, upon sundry occasions, are very seemly; which, like moving Oratory, let your Lover know the little Flames of Love are playing about your Heart, and silently betray your Passion.

A kind of pleasing Love there is, which, though it have taken possession of the Heart, is either through modesty, or fear of failing if it were proposed, desirous to be concealed; not but that if these Obstacles were removed, they



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they would freely discover it. And this, Gentlewomen, is on your part, who love those that are ignorant of your Passion; yet did they know it, would be more transported than your selves. And this you strive to express by the silent Language of the Eyes, for Lovers Eyes will talk; nor is it always in their power to keep them from wandering. But in this, as in all the mystery of Love, move with deliberation, and let Caution be the scale of your Affection. Consider your happiness, or its contrary depends upon the cast; and that there are many consequent matters or circumstances that a discreet Woman will not only discourse, but discuss, before she enter upon that Honourable, but hazardous, state of Matrimony: And these chiefly are to be taken notice of, *viz.* Disparity in Descent: Fortunes and Friends frequently beget distraction in the mind: Disproportionable years create dislike; and loathing obscurity of Descent, begets contempt; and unequality of Fortune, discontent. These are the hazards to which unconsidering Lovers expose themselves; these the Rocks on which they shipwrack their Peace: And yet herein you ought to be contented, if once it is past redress.

As you ought to be slow in entertaining Lovers, so be constant in retaining one that is worthy, that you may thereby gain a greater

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greater esteem. Boast not of the multitude of your Suitors; nor be proud that you are admired above others of your rank and quality. Give not those you cannot fancy ground to believe you do or will love them; neither by rudeness, unseemly words or carriage, any affront, but decline, as much as with modesty and civility you may, their company; giving them as little opportunity as may be to find you alone; nor receive any thing from them by way of Presentation, lest, when they find they are rejected, they exclaim against you as mercenary, or one that gives way to Courtship for your advantage. Be not covetous of Strangers acquaintance on this occasion; nor rely too much upon a Female-confident, lest the one prove troublesome, and the other pick-locks your Breast of those Secrets you are not desirous to publish. Whining and sneaking Pretenders are likewise to be avoided; as also such as strive with Tears and Imprecations to possess you with an opinion of their good meaning: But where Manly Beauty, bravery of Spirit, Moderation in Speech, and a greater readiness in performance, than in promising, are centered in one Person; who tempers his Actions with discretion, humility and sobriety, you ought to be complacent; and if such a one fall to your share, imagine your Lot is cast in a fair Land; and till you

*Directions to chuse good Husbands. 219*

you find such an one, let not your Affections loose, if you can possibly restrain 'em ; shun Temptations ; Avoid, above all things, Ease, Idleness, the Reading of Debauchery in Books, or too much pampering your self with luscious Fare ; for these are Incitements to wanton Love.

*Ease makes you Love, as that o'er-comes you Wills ;  
Ease is the Food, and cause of all your Ills.*

Gentlewomen, Let me intreat you never to be so desirous of Marriage, as desirous to be Married well, for that is the center to which Discretion ought to tend ; though some, more forward than wise, think, if they get a Husband, they have their Ends ; though, by sad experience, they are too frequently convinced of that mistake. And before you enter into this Honourable Estate, lay aside all childish behaviour, wanton fancy, and what else is inconsistent with Gravity : and so being happily Married, you may promise your selves many days of pleasure and true felicity. And now, the better to encourage such as are cold and reserved, or at least have the subtilty to dissemble it with such coyness, as if Nature had benumbed them, and rendered in a manner useless the faculties of Life ; I shall proceed to say something of the Honourable State of Marriage, &c.

*A brief Discourse of the Honourable State  
of Matrimony or Marriage, &c.*

**T**Hat Marriage was ordained and appointed by God himself, is beyond all peradventure; who, in his Eternal Wisdom, thinking it not fit for Man to be alone, made him an *Internus sensus*, a second self, to be the sweet Co-partner of his pleasure, and Companion in the easie labour that was first assigned: A Cabinet, in which he might repose his in-most Secrets, and be delighted with the last best Blessing; nor could he be accounted intirely himself, before this Conjunction, which made them still but one Flesh; the Wife by every virtuous or honest Husband, being to be termed as she was by our grand Parent, *Bone of his Bone, and Flesh of his Flesh*. Nor was it less the care of the Almighty, for two Causes, to ordain so near a Union: First, for the increase of Posterity; and secondly, to prevent Lawless Lust, by bounding and bridling the inordinate Affections and wandring Desires. We find it in the Oeconomy of *Zenophon*, That *Matrimonial Conjunction, even by the Appointment of Nature, is not only the pleasantest, but the profitablest kind of life.*

Where-

## Honourable State of Matrimony. 221

Wherefore, seeing the Estate of Matrimony is the most sure, safe and delightfull Station, altogether pleasing to the Almighty, it ought not to be declined. Our Blessed Saviour highly commends it, and expressed his Approbation by working his first Miracle at that of *Canaan* in *Gallilee*; and Saint Paul styles a Virtuous Woman *the Crown and Ornament of her Husband*; Commanding him to cherish her. And that this strict Union may have greater force upon eithers mind, he makes the most sacred Comparison imaginable; affirming, That *the Husband is the Head of the Wife, as Christ is the Head of the Church*.

In this case there is comfort in Adversity, as well as pleasure in Prosperity; by such a contexture of Souls, if I may so term it, an *Elizium* of Happiness is created; and, in some measure, Paradise restored. Where Virtuous Love unites, what can make a separation? Not the Terrors of Death, nor Hell's black Legions, by temptation nor affrightment, can destroy it. Great indeed is the Blessing, and more than can well be expressed; in the World there is nothing more beautifull or comfortable; it is a sweet Society, full of Trust and unshaken Loyalty; A Fellowship, not of unruly and distempered Love, but of intire and indeared Affection: the one being as different from the other,

heat from cold, dryness from moisture ; the inflamed disorder of a Feaver, to the temperate and natural heat of a healthfull Body. Wherefore I pronounce those that Marry to their content, and are united in the chaste Indearments of Reciprocal Love to be truly happy ; the Wife being the Joy of the Husband, and the Husband the Consolation of the Wife, who takes care to protect her from Violence and Reproach on all occasions, and is as tender of her Fame, as his Life : And beside these, this happy State produces a happy Off-spring, the Pledges of chaste connubial Love, not only as a present Blessing, but a comfort and support in old Age. So that whatever by loose and lascivious persons, whose Debauches have corrupted them beyond recovery, may be said of Marriage, it was and is held, both by Christians and Heathens, the consummation of Earthly felicity. From which I shall proceed to the Relation of what is requisite to be observed by a *Virtuous Wife towards her Husband, &c.*



## C H A P. XI.

*Instructions for a Young Gentlewoman, when Married, how to carry and behave her self towards her Husband, &c. as becomes a Virtuous Wife ; or Family-Directions in order to a Happy Life, &c.*

**A**S Marriage is an Honourable Estate, so are there many weighty things to be observed by those that enter upon it ; though Love is the supreme matter, yet it ought to be attended with Prudence, Care, and Diligence, or else it will waste it self, and totter in its Sphere ; and, above all things, repine not at your lot when it is fallen to your share, but weigh your condition in the scale of Content and Discretion, and it will be the better supported.

If your Husband be very young, and given to Excursions incident to youthfull frailty, let your riper experience bring him to a better understanding, and your usage more easie, than to attempt by extremities to wean him from what he affects ; but rather let your good Example, modest Reprovements, and the course of Time work upon his head-strong Nature ; and either through shame, or a re-  
form

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form of Judgment, he will be brought to be himself; for doubtless Conjugal duty, tempered with softness and affability, is of force to conquer the Morosest temper.

If your Husband be much superiour to you in Years, so that he is not as completable as Youth, yet let his Years beget in you a greater Reverence and Respect; and let his sage Instructions be your Rule, and the square of your Actions; keeping in all things his Counsel, and not suffer so much as an unchast Thought to defile his Bed; Locking up his Counsels in your Breast as a sacred Cabinet of Trust, and bear with his infirmities, being in his Age a Staff to support him, and a Hand of help upon all lawfull occasions.

If your Husband is Exalted in the World by Riches or Honour, let not your Mind be puffed up; nor Pride come near your Heart, but be affable, humble, courteous and charitable, which will gain you a Name not to be purchased with Treasure; and wink not at your Husband's over-lavish profuseness; nor at his over-penurious or covetous inclination, but mildly admonish him of the ill Conveniency and danger of either, that so he may be perswaded to reserve a provident Care for his own, and avoid Excess; and, on the other hand, enjoy what is fitting, and shun baseness.

Though after Marriage you find your self

not.

not so happy in the things of this World, as Riches and Honour, &c. as you expected; but that, on the contrary, you are griped with the pinching hand of Poverty, let the poor condition of your Husband add to your Virtue, in furnishing you with Patience and Meekness; for there is not that dangerous want, some imagine, where there wants no content: and in this, by any means, cross the unadvised Proverb, of *Loves going out at one Door, when Poverty comes in at the other*: And so consequently falling into a cold and Aguish distemper, dies unlamented. And let your Affection contemporize in all Affliction; nor be shaken with the Winds of Adversity, seeing no prosperous Affair ought to divide you from him to whom you have vowed your Faith, and unto whom you have individually tied your self.

These things resolved, and well expostulated, your Christian constancy will make you fortunate in spite of opposition; nor will the bitter encounter of unseasonable or undue Repentance struggle with your Mind, or ever prevail against your Reason. In this case the Example of some Women have been famous.

*Sulpitia*, the Wife of *Lentulus*, though she might have lived at ease, sold all her Possessions; sold all she had, and followed her Husband into Banishment; nor could any thing

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thing restrain the Noble *Ipsicrates* from accompanying her vanquished Husband in all long  
extremities.

*Theogina*, Wife to *Agathocles*, voluntarily partaking of her Husband's miseries, and accompanying him when he was forsaken of all others, generously declared, *That she had not only betaken her self to be his Companion in Prosperity, but in all Fortunes which possibly might befall him.* Many more I might name, but these may suffice to a Virtuous mind.

The more particular Duties of a Wife, or rather Obligations of Love to him, to whom sacred Tyes have bound her, are chiefly these *viz.* To esteem him above all others, not to entertain any mean or low thoughts of him or his Actions, but in all things to give him a due respect; and in due observance of what is lawfull, strive to increase his reputation amongst Men, rather than in the least to diminish it, that in so doing you may own him the superiour Virtue, and not by your indiscretion betray his weakness, or rather your own; for so have the wise and virtuous Women of all Ages done; and those that do otherwise, are highly to be censured of imprudence.

Be peaceable and pleasant towards your Husband, not being angry when he is at any time so, but pacifie him with winning and obliging words; and if you should carelessly, fu

*carry her self towards her Husband. 227*

otherwise, raise him to a Passion, be not long e'er you apply your self to appease it, by shewing a regret, or kind relenting, for what has occasioned it, or by sound reason let him understand his error; and prepare for him what is necessary in due order, with all imaginable neatness and advantage; shewing, above all things, respect to his Friends and Relations, whether abroad or at home, which must of necessity create in him a greater portion of Love and Respect for your self. Suffer, by no means, your Ears to be penetrated with idle and detracting Stories of him whom you ought to delight, but banish and detest against such Makebates, whom the power of Darkness sets on work, to overthrow your Peace, or to move you to a separation, which is not lawfull; for *those whom God hath joyned together, let no Man put asunder*. Nor is it less expected, that a Curse will fall on those that attempt it.

As for your Children, bring them up in the fear of God, and in duty and obedience to your selves, that it may be well for them and their posterity, for those are the indearing pledges of Connubial Love, that more nearly cement the hearts of Man and Wife, and are the summ of their Earthly felicity.

Observe, that what your Husband commits to your Management, let it be done cheerfully, carefully, and with prudence, to the best

228 *How a Gentlewoman ought to*  
best advantage, and that nothing be waste  
and spoiled to his detriment by your self  
Servants; but so live, that the springs  
Love, if not of Prosperity, may ever flow  
to water your Hearts with joy, and rende  
Life comfortable; and you thereby be th  
better inabled to serve your Maker, and su  
port your selves in what condition soever.

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## C H A P. XII.

*Instructions for a Gentlewoman Married  
how she ought to carry her self towards  
her Servants, and in the ordering her  
Household Affairs, &c.*

**A**S a Gentlewomans care, next to tha  
of her Husband and Children, ough  
to be in the Well-government of her dome  
stick Affairs, that cannot consequently be  
done without a due regard in her proper Per  
son, the ill conveniency of too much confi  
dence in second Management, being too fre  
quently apparent: And this must be done  
besides what you set your helping-hand to  
by inspecting the Actions of your Servants  
and by behaving your self towards them as  
you ought, that your good Example may be  
their Guide.



*carry her self towards her Servants. 229*

If you find by experience you have a Servant faithfull and ingenious in her Station; give her encouragement, by letting her know you are not unsensible of her industry; by which, if she be of a sweet disposition, you will animate her to proceed with alacrity; though some there are, that finding themselves well accepted, will grow proud and conceited, and imagine they by their Service by such obligations on those they serve, that they cannot conveniently be without them. And in this case too much familiarity will breed contempt, though encouragement, where it is deserved, even on this occasion, ought not altogether to be wanting, but be proportioned to a degree of advantage; not by any means disheartning a good Servant in the performance of her duty, by often finding fault, or being continually over them, but rather bear with light faults, if they be not a means to create greater.

If it be your misfortune to have a bad Servant, whose negligence turns to your displeasure or disadvantage, and no gentle Admonitions and convincing Arguments are of force to reform her: Fret not your self, nor be heard unseemly to exclaim, but rather let her upon fair warning, and such as will stand with your conveniency, take her lot in another place, not disparaging your self to retain from her what is her due, nor giving an ill character

character of her when she is gone ; by which she being rejected as an unfit Servant, may through necessity, be obliged to take every course, and thereby be brought to shame and disgrace.

In this case, and any other, avoid Passions and be not Rixarius, for either of these ill become a Gentlewoman ; your main business with your Servants being to see they do what is fitting, and that they lavish not out, nor waste that wherewith you intrust them ; for this being neglected, the fault will be charged upon your self.

It is an unbecoming thing in Servants to be affected with flaunting Fashions, and gaudy Attire, above their degree, and indeed not suitable to their station ; and to restrain this a Mistress ought to concern her self, yet even allowing and encouraging them to go near which will redound to both their credits ; for a Maid that goes careless and flatterly in her Attire, cannot be cleanly in her Office of employment ; nor must a Mistress by any means confine or restrain her Servants from serving God, but rather dispence with business to give them opportunity ; nay, Exhort them to return Tribute of Praise and Thanksgiving to their Maker for all the benefit they have received at his hands ; and see that good hours be kept upon all occasions.

Other things necessary to be observed and

*Carry her self towards her Servants. 231*

that your Cattel and Poultry are fed in due season; and that your Stables, and all other out-places, be kept cleanly, especially your Brew-house and Bake-house; and that nothing therein be wasted or squandered away by the sort of idle people, that too frequently flatter and wheedle your Servants to your disadvantage. In the Kitchen it is requisite that you see no Necessaries are wanting, nor the seasoning of Meats, and other things, in due time neglected, lest by that defect you happen to be disgraced at your own Table. And further, that the Cloth be laid in due season, whereby there may be no excuse for those that spoil what is provided by over-doing.

The Chamber, above all things, must be kept neat, and the Furniture regarded, that even be not injured by Dampness, Dust or Moths; and considering, as occasion requires, to Air them both by the Fire within, and the Sun without, and cleanse them from Dust by beating.

The Cellar and Pantry too must be regarded, that in Frolicks and extravagant Merriments great spoil and waste be not made by your servants and their Visitants; and weekly or monthly take an exact account of what is expended, that so your Expences may be proportioned to your Estate or Income; and in all things carry your self prudently, as becomes the Character of a Gentlewoman and a good Housewife.

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